PROF. H. I. BLITS'

Patented and Improved Methods

of

CANNING FRUITS, VEGETABLES, &c.

PROFESSOR H. I. BLITS'

METHODS OF

CANNING FRUITS AND VEGETABLES
BY HOT AIR AND STEAM

AND

BERRIES
BY THE COMPOUNDING OF SYRUPS

ALSO

THE CRYSTALLIZING AND CANDYING OF FRUITS
ETC., ETC., ETC.

With New Edition and Supplement

PRICE, THREE DOLLARS

CANNING METHODS PATENTED A.D. 1888

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ON ACCOUNT OF CONSTANT TRAVELING, ADDRESS PROF. H. I. BLITS, POST OFFICE, NEW YORK

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TESTIMONIALS

THE MYSTERIES OF CANNING AND PRESERVING BY THE LATEST AND MOST IMPROVED METHODS

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A very tempting array of glass jars, filled with deliciously preserved fruits, and a gentleman—Professor Blits—occupied the stage of the Odeon yesterday afternoon, and an audienee of nearly six hundred of the prominent ladies of Cincinnati listened enraptured to his dissertation on "Preserving Fruits and Canning Vegetables by Hot Air and Steam, and the Compounding of Syrups for Preserving Berries, and Crystallizing Fruits." The samples exhibited were the perfection of preserving, and the results obtained by many ladies who had already tried some of his methods, and who had fruits and vegetables on exhibition, were very flattering. His presentation of the subject was interesting, and Professor Blits is a recognized authority in this country on the art of canning fruits and vegetables. The impression made was so favorable that all the ladies present paid the three dollars demanded for the book of instructions, which contained all the formulas and many other valuable and scientific methods. Professor Blits's methods are copyrighted and patented, and no person has the right to use them without permission. The methods are very simple and practical; Mrs. E. K. Porter, of Newport, Ky., testifying that no methods of modern times equal them for their simplicity, the curtailing of time, and keeping the fruits whole and natural.—From *The Cincinnati Commercial*, April, 1890.

◆

ALBANY, N. Y., *September 9th*, 1890.

This is to certify that I have used the same methods as taught by Professor Blits for canning fruits and vegetables, and pronounce them far superior to any I have ever used. They keep fruits and vegetables more natural, and save half the work.

198 LARK STREET. MISS ANNIE CRAIG.

◆

BROOKLYN, *October 26th*, 1890.

This is to certify that for some years I have used Professor Blits's "Hot Air and Steaming" methods for canning and preserving fruits and vegetables, and can endorse them in the highest terms, and cheerfully recommend them to all ladies as they are simple and useful, being based upon practical and common-sense ideas. I have friends that are using these methods, and from personal knowledge can say they are as satisfactory to them as they are to myself.

571 PUTNAM AVENUE. MRS. JOHN KING.

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PREFACE.

It is quite within modern times that, by observation and experience, mankind has become aware of the independence of all inventions, and that upon our ability to improve the conditions in which we are placed can we alone depend upon our future progress, the curtailing of time and the saving of labor. And so, in presenting my inventions and improvements in the methods of Canning Fruits and Vegetables to the public, I desire their kind indulgence, and ask them to set aside the prejudice or skepticism which in all ages and times has been the great obstacle that an inventor had to contend against, while I admit that the public has been imposed upon at various times by so-called inventions which were to perform wonders to lessen the labor of housekeepers, but which upon practical test proved worthless, inasmuch that the methods employed either required the use of preparations, acids or other foreign substances, which, while they may have kept the fruits, destroyed their flavor; but by my improved methods, no preparations, acids or machinery are required. The methods embodied in my inventions are based upon scientific principles, upon the law of impenetrability. Two bodies cannot occupy the same space at the same time; therefore, I simply use steam or hot air as an agent to expel the cold air;

and while I also admit that this principle has been employed since the art of canning was first discovered, it has been used in a manner requiring more time, expense and labor. By my improvements and inventions the great necessity of simplifying and curtailing the time and labor has been solved, conferring a great boon and blessing upon the thousands of canners and housekeepers throughout the land who have adopted my methods.

Then, again, I wish to call the attention of housekeepers to the fact that it has been an utter impossibility for them to can corn and vegetables, which by my method is simple and practical, and keeps them perfectly natural—the secret being simply in using the steam so as to exhaust the air, and destroy a certain amount of carbonic acid gas existing in same:

The canning of tomatoes, sliced or whole, in glass jars, by hot air, and also steaming them so as to exhaust the air and destroy a certain amount of acid, keeping them more whole and natural in flavor, and doing away with the old methods of stewing and cooking them to pieces:

Also to my great improvement of keeping strawberries whole and natural by simply compounding a syrup to can them with, instead of stewing or boiling them, which destroys their natural flavor and shape.

In concluding my remarks, I wish to say to experienced housekeepers that, while there may be some information herein given that they are already familiar with, through practical experience of their own or obtained through other sources, they must remember, for the sake of inexperienced housekeepers, I am compelled to commence with the fundamental principles of canning, which requires me to give many little practical hints and details that otherwise I would omit.

Also, in using the boiler for steaming fruits, tomatoes and vegetables, which embodies the old principle of canning, I caution every one, unless you use my improved methods of applying the steam, you will meet with no success. Hoping members will give these methods a fair trial, I remain,

Respectfully,

H. I. BLITS.

P. S.—On account of continuous traveling, address letters to General Delivery, New York, and they will be forwarded to me.

Methods patented according to the Act of Congress, by H. I. BLITS, in the year A.D. 1888.

As members have all pledged themselves to secrecy, they will remember not to circulate or publish, or use for business purposes, under penalty of the law. Remember, my methods are copyrighted and patented.

The Proper Time to Can Fruits and Vegetables as they Come in their Season.

Cherries (the Ox Heart are the best)	From June 15th to July 1st.
Currants and Strawberries	June 10th to July 1st.
Raspberries	July 1st to July 25th.
Blueberries	July 1st to Aug. 5th.
Blackberries	July 15th to Aug. 25th.
Pineapples (Sugar Loaf are the best; over-ripe will not answer	May 10th to July 1st.
Peaches (the late Crawfords are the best)	Aug. 20th to Oct. 5th.
Pears	Aug. 20th to Oct. 15th.
Apricots and Plums	Aug. 10th to Sept. 10th.
Apples (the Pippin are the best)	Oct. 20th to Nov. 20th.
Quinces	Sept. 10th to Oct. 25th.
Asparagus (the best for canning purposes is grown in New Jersey)	May 15th to July 1st.
Peas	May 25th to July 1st.
Tomatoes	Aug. 15th to Oct. 1st.
Corn	Aug. 15th to Oct. 15th.
Beans	Sept. 20th to Oct. 20th.
Lima Beans	Aug. 20th to Oct. 15th.
Rhubarb	May 15th to July 1st.
Cauliflower	Sept. 15th to Oct. 25th.

Fruits or vegetables must never be canned when speckled or frost-bitten, and should be always kept in the dark and at a temperature of from 45 to 65 degrees. Tomatoes, strawberries and vegetables should be wrapped in brown paper.

INTRODUCTORY.

Fruits and their Nutritive Value.

Two of the most important and wholesome articles of food used by the human race are Fruits and Vegetables; and in this country, where it is impossible to have fresh fruit and vegetables at all seasons of the year, it devolves upon the housekeeper at certain times of the year to can them by the simplest and best method, so as to retain their natural form and flavor. There is no article of diet that nature so abundantly provides, and none that gratifies our appetites better.

Fruits in their natural or preserved state should be served daily, for when in good condition they are a healthful article of diet, as they supply a variety of acids which invigorate the system and keep the blood in good condition, which is a vital necessity. They also aid digestion, and lessen the desire for alcoholic stimulants. It is conceded by our most eminent physicians that in liver and kidney affections, rheumatism and gout, the use of fruits judiciously is very beneficial.

Fruits should begin the meal, as they are then more easily digested and assist in the digestion of other foods, as the fruit stimulates the flow of the digestive juices.

Fruits are divided, for convenience' sake, into seven different groups: 1st. The pomaceous fruits, including the apple, pear, quince, crab apple, pineapple, etc. 2d. The drupaceous fruits: those provided with a hard stone, surrounded by a fleshy pulp, as the peach, apricot, plum, cherry, olive and date. 3d. The orange or citron group, including the lemon, lime, orange, grape fruit, pomegranate, etc. 4th. The baccate group, including the gooseberry, currant, whortleberry, blueberry, grape, cranberry, etc. 5th. The arterio group, which includes strawberries, blackberries, raspberries and dewberries. 6th. The fig group. 7th. The gourd group, comprising the watermelon, muskmelon, cantaloupe, etc.

This takes in most of our native fruits, and fruits that we are familiar with.

Aside from the skins and seeds, fruits are divided into two parts: The cellulose structure containing the juice, and the juice itself. The latter is water, with a small proportion of fruit sugar and acids. Some of the acids are free, and some combined with lime and potash in the form of acid salts. They are termed citric, tartaric, mallic and pectic acids.

Unripe fruits contain starch, which, as it ripens, is changed into sugar and a certain proportion of tartaric acid, which gives them that tart and sour taste. As raw starch in any form is indigestible, therefore unripe fruit should not be eaten unless well cooked.

Fruits taken at seasonable times and in the right proportion, either alone or with other proper foods, gives us a very healthful article of diet, but when combined with fats or meats are liable to be injurious.

Over-ripe, stale or partially decayed fruits and vegetables should never be used, for it has been proven by our greatest scientists that they contain thousands of germs or bacteria which, when introduced into the system, are the cause of much sickness; and expert canners and good housekeepers will never can fruits or vegetables that are in that condition.

Fruits and vegetables, before eating or using for canning purposes, should be well washed, especially those which grow on or near the ground, as they are liable to be covered with a dangerous bacteria which might cause typhoid fever, diphtheria or other dangerous sickness, as these germs exist in the soil or the material used for fertilizing purposes.

To Keep Fruit Fresh.

Apples, pears, quince and grapes are about the only fruits that can be kept for any length of time without processing them, for as soon as fruit has become ripe, a gradual breaking down of tissues begins. The fruit then becomes mellow, and very shortly after the putrefactive state begins and the fruit rots rapidly. But the late varieties of apples, pears, quince and grapes, by exercising care and using the following directions, can be kept for some time:

1st. Allow fruit to remain on tree or vine as long as possible. 2d. Gather or pick the fruit on a dry, cool day, when there is no frost or dew on the ground. 3d. In picking fruits, handle them with care, so as not to bruise same. 4th. Carefully sort the different varieties, keeping each separate, and leave out the soft and mellow fruit. 5th. Select good barrels or large pasteboard boxes that shoes come in (I mean the stock boxes); then secure dry corkdust, which must not be moist or old; this can be procured at any drug store where they buy corks, and it is very cheap. 6th. Then spread a layer of corkdust in the barrel or box, and then a layer of the fruits mentioned; then corkdust and then fruit, and so on; do not allow the fruit to touch each other. The very top layer of corkdust should be about three-quarters of an inch thick; then secure the lid of the barrel or box tightly, and keep in a temperature of from 10 to 40 degrees Fahrenheit. They will keep for some months. Do not use sawdust, as it gathers moisture and will rot the fruit; but corkdust is a non-conductor of heat or cold. Do not dip the stems of grapes in wax, as it shrivels them; and when you cut them from the vine you must leave about one inch of the stem. Grapes must be packed as soon as cut or within twelve hours, or they will not keep.

The ordinary cellar underneath your dwelling is not a proper place to keep fruits or vegetables, either in their natural or preserved state. A cool, dry attic or a nice storeroom is the proper place, well ventilated. In most cellars it is either too warm or damp. It has been verified beyond doubt that much sickness has been caused by storing fruits and vegetables in the cellars under dwelling-houses, as the gases generating from fruits and vegetables in a decayed condition are very poisonous. A storehouse can be built entirely above the ground, and on the principle of a refrigerator. Its walls, floor and ceiling should be double, and the space between filled with sawdust or charcoal. Windows should have shutters to shut out the light. The storeroom should also have some heating appliances, so as to regulate the temperature in very cold weather.

PATENTED AND IMPROVED METHODS FOR CANNING FRUITS, VEGETABLES, ETC.

To Can Gooseberries, Rhubarb and Cranberries in Cold Water.

Select fruit in prime condition, not over-ripe or green. Place any one of the above in your jars, packed as tightly as possible to first screw of jar; put on your rubbers (leaving off the lids), submerge jars completely under water that has been first boiled and allowed to cool; fasten lids tightly as possible under water, take out and tighten more if possible, wrap jars in brown paper and set in cool place.

When using above fruit, drain off the water and make syrup to suit the taste. It is always best to filter water, after boiling, through a piece of cheesecloth before processing by this method.

To Can Pineapples in their own Juice Perfectly Cold.

Cut up pineapples in small slices, take from one pound to one pound and a quarter of granulated sugar to a pound of pineapple, and place in layers in a stone crock and leave over night; then transfer your pineapple to glass jars, and fill jars to the top with its own juice drawn over night, and seal the jars air-tight. Place in a dark place. For a delicious flavor, add a dessertspoonful of sherry or brandy to each quart jar before sealing. In letting pineapples stand over night, put in a cold and dark place.

If you use the brandy or sherry, as directed, you need not use over one pound of sugar; if otherwise, use one and one-quarter pound of sugar, and dip paper in warm alcohol or brandy; place a piece of cotton batting on paper before sealing air-tight. In doing fruit up cold, always have your rubbers and lids warm, so they will tighten better; also, warm your jars before putting in cold fruit, but don't have them hot, and pour cold syrup in slowly, so as not to break the jars.

For quince, always use one and one-quarter pound of sugar to one pound of quince, and steep them in boiling water for half an hour before using this process, covering vessel with toweling.

To Can Fruits, Berries and Tomatoes by the Hot Air Generated from Oven of Stove or Range.

First select jars that are perfect in every respect, and rinse them with hot water, pouring water in slowly and shaking around inside of jar gradually, so that the jar won't break; then pack the raw fruit as compactly as possible, whole or cut, in the jars up to the first rim (working down fruit on each side with a silver-plated knife or handle of spoon—never use any other metal), pour in your hot syrup, filling jars within one inch of the top; place tin covers on jars, or a piece of sheet iron, or a flat tin with a weight on, to keep cover from coming off (but not the lid of jar, as it may scorch); then place jars in the fruit racks, or in a dripping-pan with a little warm water in it, and a cloth at the bottom to set jars on; don't let jars touch each other; set them in a moderately hot oven and almost close door of oven; then set on full heat and leave in until syrup in jars beads on top; it generally takes from fifteen to thirty minutes, according to the condition of the fruit—this means from the time you have a good heat in your oven. Make syrup as follows: For sweet fruit, one-half pound of sugar to three-quarters of a pint of water to a quart jar, or five quarts of water to six pounds of sugar to a dozen jars; for very sour fruit, three-quarters of a pound of sugar to a pint of water, or six quarts of water to nine pounds of sugar to a dozen quart jars; let syrup come to a simmer. After leaving fruit in oven as described above, take out the jars and pan from oven, leaving the jars in the pan, and pour boiling syrup quickly over the fruit in jars; to fill up the jars, work down on each side with a silver-plated knife and seal jars air-tight; put fruit in a dark place, and in a room with temperature from forty-five to seventy degrees. One coffee-cup full of sugar is a half pound. To temper jars before placing them in an oven, allow medium hot water to run on the outside of jar slowly after fruit is in it for about a minute. It is always best to boil your empty jars before canning by allowing them to heat up gradually. If the oven is very hot, don't fasten the door entirely. A good way to seal jars or bottles is to get a bladder and fit it snugly over the mouth and sides of the jars and seal tightly by using sealing-wax or the white of an egg or white wax, or you can put a cork into bottles and seal with sealing-wax, and after it dries, if you tie three folds of cotton batting around, it will surely be air-tight. When pouring your syrup over the last time, overflow jars so as to overflow the air bubbles. You can use more or less sugar to make syrup. It is best to use a large pan to set jars in, instead of the racks in using this method.

To Test Jars to See if Air-Tight.

After jars are sealed air-tight, and before putting them away, wipe dry around the rubber and lid, stand them upside down on white paper for about twenty minutes, and if any liquid comes out, take putty and fasten all around the rubber and lid, so as to made it air-tight; be careful to get the right rubber for each jar, and don't use any that are worked down on the side. A better way is to tie three folds of cotton batting over top of lid of jar.

To Can Pears White and Whole, with Stems, in Rock Candy Syrup.

Take skins from pears carefully; put pears, with stems, in jars compactly; make a syrup by using one-half cup of pulverized rock candy to three-quarters of a pint of water; allow to come to a simmer until all is dissolved; pour over medium hot and process twenty minutes in oven, as described in fruits. Take out, fill and seal.

The most Scientific Method of Preventing Mould on Fruits, Jellies, Jams and other Preserved Matter.

After packing the fruit in the jars or glasses, heat (not boil) on back of stove some brandy, sherry or alcohol; dip a piece of writing or manilla paper in same, and place on inside of jar to cover fruit; then put a thick layer of cotton batting on top of paper on the inside of jar, and seal jars as tightly as possible; this will prevent the germs from penetrating, which is the cause of the mould or fungus growth. Heat the spirits gradually by a slow fire, until it is just warm.

The above formula is also good to use for chow-chow, pickles, catsup, chilli and other sauces.

To Can Tomatoes by the Hot-Air Process.

Remove the skins by placing them in a wire or cane basket and plunging same in boiling water for a minute, and then in cold water for a minute; then take skins off with knife. Pack your jars as compactly as possible with whole or sliced tomatoes up to first screw or thread of jar; work down on all sides with silver-plated knife to let out the air; then place in the pan and in the oven, as described in Hot-Air Process for Canning Fruit; leave in twenty-five to thirty minutes from time you have a good fire, or until syrup in jars commences to bead rapidly; then take out pan and set on top of stove; take out one jar at a time, fill up with boiling tomatoes and juice until the jar is full; see that the juice covers the tomatoes, and seal jars air-tight. If you can tomatoes with skin on, add tomato juice before setting them in oven. The juice is made by stewing some tomatoes and straining the juice, as tomatoes with skins on will not make sufficient juice of their own. You can add from one to two level teaspoonfuls of salt for each quart jar. Before sealing jars air-tight, as you take them from the pan, run your silver-plated knife down on all sides to let out the air. Wrap jars in brown paper, and put them in a cool place.

To Can Without Cooking or Stewing Damson Plums, Sour Cherries, Pie Plant, Sour Grapes, Gooseberries, Currants and Peaches.

(The above are the acid varieties, and no sweet fruit will keep by this method.)

Make a syrup of one pound of sugar to one half pint of water for each one pound of the above acid fruits. Allow syrup to come to a boil, and after it comes to a good boil put in five drops of lemon juice (to prevent candying) for each one quart of syrup, then leave syrup boil for ten minutes more—don't stir more than necessary to prevent it from burning. While syrup is boiling, take any of the above metioned fruits, put in a vessel (agate or porcelain), pour boiling water over them so the water completely covers them, then tie two or three thickness of toweling over mouth of vessel so as to retain the heat and leave in water ten minutes, then dip fruit into the hot jars, pour over the boiling syrup made as described, and seal jars air-tight, and leave in a cool, dark place, or wrap jars in brown paper. When you take fruit from the vessel of hot water it is best to use skimmer and pack the fruit in jars by degrees, pouring over syrup gradually; in that way you can pack fruit in jars nicer and tighter, and keep it from rising to the top.

The Latest Improved Method of Keeping Strawberries and Red Raspberries Whole and Natural.

Owing to the different kind of berries grown in the different sections of this country, and as they do not all contain the same amount of acid, so as to keep them nicely by simply using a compound syrup, as recommended in this volume, the following formula is recommended as being superior to any method now used by canners and housekeepers:

First, select choice berries (wash if necessary). To every one pound of granulated sugar pour over sufficient water to moisten well the sugar; allow this syrup to come to a boil, and skim off all impurities. After syrup comes to a good boil drop in six drops of lemon juice and allow to boil, not too rapidly, until syrup hairs or strings. To that proportion of syrup take one pound of nice berries, drop into the syrup and allow berries to boil slowly for five minutes; take the vessel off the stove, cover same and allow to stand in a cool place (temperature between 45 and 75 degrees) from six to eight hours. Then cleanse your jars with hot water, and fill them with the cold berries and syrup, packing jars compactly nearly to the top; overflow with syrup and seal jars air tight.

Allowing berries to remain in the syrup the time specified hardens them and retains their natural flavor and state. Of course you can do a larger quantity at a time, but you must increase the sugar, water and berries in proportion. It is best not to stir syrup after it boils, and by placing a few agate marbles in syrup will prevent the burning, as this makes an automatic stirrer. To prevent syrup from candying when boiling it down, use two-thirds sugar and one-third glucose; this is a sure preventive.

Before filling the jars rinse them well with hot water, so as to take out all impurities; and in packing the berries fill jars first about one-quarter full of berries, then work down well on all sides with a silver-plated knife or handle of spoon, so as to fill the jars compactly and let out the air. Keep filling jar in this manner until it is full, and see that the syrup covers the berries on top. Only use sufficient water to dissolve the sugar, and when packing the berries in the jar be careful not to add too much syrup, for if you do it will cause them to rise to the top. The syrup you have left after processing the berries in this manner you can bottle air-tight, and use to make summer drinks or pudding sauces. This syrup being heavy, you can dilute it with water when using.

If you have trouble with jars not being air-tight, it is best to dip a piece of writing paper in warm brandy or spirits, and place on top of liquid, and then place a layer of cotton batting on the paper before sealing the jars air-tight. This will prevent the berries from fermenting. This is a good method in canning all kinds of fruit where the jar or rubbers are not in good condition. It is best to renew the rubbers each year if they are not in good condition, as the rubber bands commonly sold are very much adulterated. It is best in making heavy syrups for canning berries to use two-thirds sugar and one-third glucose for each pound of berries. This prevents syrup from candying.

N. B.—Berries will keep all the better if, after allowing them to boil five minutes, the syrup is drained off and boiled down about eight minutes and then poured over the berries, and all is allowed to cool as described on page 14. Never can cold storage berries or berries which have been picked over 24 hours.

To Make a Heavy Syrup for Keeping Strawberries and Raspberries.

To each one quart of syrup made as described in strawberry, page 14, dissolve three or four tablespoonfuls of corn starch in a little cold water. Stir this solution well in the syrup just before taking syrup from the fire. See that the corn starch is well dissolved. You can use this solution for canning berries when cooking them by your old method, but *do not* use it for canning berries cold, as given on pages 14 and 15.

General Directions of Importance.

Don't stir syrup for berries or fruit after it boils, and shake it as little as possible, as it will sometimes candy; in that case, add a little more water, stir and boil it over again, and drop in a small pinch of cream of tartar to every pint of syrup; this will prevent it candying. When pouring syrup in jars, hold a silver spoon in it and pour over quickly. The berries you have left—that you made the juice from—use for jams, preserves, sauce, pies, etc. When draining off the syrup from berries, don't drain off the whole of it or they will taste insipid. To every pint of juice made from berries add one-half pint of water and from one-fourth to one-half pound of sugar; let it come to a good boil and seal air-tight in bottles. This makes a delicious drink.

By placing three folds of cotton batting over lids of bottles (after they have the corks in) will make them air-tight; but you must tie the cotton around as tightly as possible.

When berries are processed by the old methods and then immediately placed in the jars, the juices of the berries thin the syrup, thereby causing them to lose their color and rise to the top; they also become insipid in flavor. By processing them as described on page 14 this is avoided. By allowing them to stand the specified time they harden, absorb the juices, thereby retaining their natural state and flavor.

Another way of Canning Strawberries, Blackberries, Raspberries and other Soft Fruits.

First cleanse your berries, and to every one pound berries take not less than three-fourths to one pound of granulated sugar; mix this in layers, viz.: a layer of berries, then a layer of sugar, and so on, in a stone crock; set crock with cover on, in cool place, and allow it to stand over night. In the morning place crock on back of stove that is only moderately hot, and set on gradual heat, moving jars gradually front, until syrup commences to foam over. Then skim off scum, allow berries to heat about ten minutes longer; take off from stove, and fill your glass jars as rapidly as possible, allowing syrup to overflow jars, and seal air-tight. Don't use any other vessel to heat in except stone crocks, and when filling jars from crocks, set crocks on back of stove, and see that your jars are hot before filling them.

To Keep Fruit from Fermenting after Using.

After using part, fill up balance of jar with medium hot syrup, made from sugar and water; screw the lid half way on and steam about ten minutes from time the water boils, as described in the steaming of fruits or hot air process, then seal jars air-tight.

The Cold Process for Keeping Strawberries, Raspberries and Other Berries; also Grapes and Cherries.

Make a syrup by mixing sugar and water as described on page 14 (strawberry process), and boil it down for about twenty minutes; while it is tepid, *not hot*, add the following solution: dissolve six grains of salicylic acid in two ounces of glycerine; then add this solution to each three-quarters of a pint of syrup, which will be enough to fill one quart jar of berries. It is perfectly harmless—leaves no taste. Put the syrup over berries just before it cools, as by this process it is not necessary to put the syrup over hot. Pit cherries before mixing with sugar; or you can make the syrup for grapes or cherries with one half of a pint of water to one pound of sugar for each quart jar; boil syrup down as described for berries and add this solution when syrup becomes tepid.

The Rule for Boiling Syrup.

The method of boiling syrup down thick so as to prevent it from candying is as follows: After syrup comes to a boil, skim off all impurities; then add to each quart of syrup six or seven drops of lemon juice, and don't stir syrup after it boils; it is best to put in two white marbles, or for a large quantity of syrup four or five white marbles; the heat will keep the marbles rolling and prevent the syrup from burning or candying. In order to avoid the granulation on the sides of the vessel while syrup is boiling, keep vessel covered; the vapor not being able to escape condenses and washes the sides of the vessel and prevents the granulation.

How to Make Jars Air-Tight with Cotton Batting.

Jars, bottles or crocks—if you desire to have them air-tight. Place three folds of cotton batting over the tops of lids or fastenings, let batting extend over one inch down the outside of neck of bottle or jar and tie it tightly, but you must do this while jar is hot, and just after fastening on your covers or stoppers.

To Prevent Cider Liquids Souring and Fermenting.

Cleanse your casks with warm water; then bore a hole about half an inch in diameter, about two inches from top of barrel;

in this hole fix a tin tube air-tight, allowing it to project out about three inches, and to this tube attach a rubber tube, air-tight, making the rubber tube long enough to fall into a basin of water placed on the outside at bottom of barrel; pour in your liquid until about three-fourths full, and every day (especially if the cider or vinegar is new), pour in an extra gallon of same for two or three days, until liquids have quit fermenting; then make casks air-tight, leaving the tube in the water as long as the liquid is in the barrel, changing water every two weeks. Before drawing liquid, bore a small hole on top of barrel. When barrel is dry, before putting in liquids, fumigate barrel with vapor of brimstone for about ten minutes. I would recommend using two ounces salicylic acid to each barrel.

Ladies, Read this Carefully.

In introducing my improved methods of canning fruits, berries, tomatoes and vegetables by steaming in boiler of water, I know many of my patrons will remark: oh! that is similar to the old-fashioned way we used to do it years ago, and we did not like it, and it was not always successful. Now, while I admit that the principle of applying the steam is the same, the method is yet so different that, unless you follow my rules exactly, you will not meet with success. Simply placing jars in boiler of water and steaming them the old-fashioned way may keep fruit, but, as for tomatoes and all kinds of vegetables, unless the jars are submerged as described, and the time used, as given, they will not keep—as a certain amount of acid must be destroyed in the tomatoes, and in corn and other vegetables a certain amount of carbonic acid gas. Another advantage, by submerging them—as described: there is not so much shrinkage to take place, you do not need to fill from one jar to another—as evaporation cannot take place—the fruits and vegetables are more whole and natural in taste, and when you lift them out the last time, the jar being air-tight, the air has not the chance to rush back as in the old method, which causes so much fermentation. Never place jars on the surface of vessel or plain board or tin; use a perforated board or tin, or better still and which I deem it important for every housekeeper to have, the fruit rack, which I shall describe, and have your tinner make them for you; he should not charge over $1.75 per dozen or 15 cents apiece; each rack holds a jar.

Fruit Rack.

Make a band of tin of two or three thicknesses and one inch in depth when hemmed or wired, and four and one-half inches in diameter; then on each side of rim rivet on a heavy strip of tin, making strips three-fourths of an inch in width, when wired or hemmed, and seven inches in length from top of rim; this is intended for the handle; make handle all of one piece of tin, so you can bend it on top, and have a place to take hold of to lift the racks. Then to the rim rivit on four legs about three and one-half inches in length from bottom of rim; have bottom of legs bent outward about one-half inch, so they will set firm, and have legs made of tin of two or three thicknesses and about one-half inch in width when hemmed. Now if jar was set in the rim it would fall through unless it had something to rest on; so about one inch from bottom of legs rivet on two three-quarter-inch strips, each strip crossing each other in the form of X and riveted on legs for the jars to rest on. The idea is to set jar with fruit in the rack, when they are steaming, so they will not roll around and so you can lift them out when through. The handle must be riveted so it is stationary, and no solder must be used in the fastening. The whole rack is ten and one-half inches in height.

To Steam Tomatoes by Improved Method.

First scald tomatoes by dipping them in boiling hot water for a minute; then dip in cold water for a minute, then take out and remove skin, place in jars, whole or sliced, as compact as possible, by working tomatoes down on all sides with a silver-bladed knife, filling jar completely full, put on rubbers and screw lids part way down; then take a boiler or vessel and set on hot stove; put in your perforated tin or racks as described; pour in lukewarm water in boiler so as to cover about three-fourths of the jar or about up to neck of jar, and as soon as the water boils steam ten minutes from that time; then take out one jar at a time, screw lid air-tight, put back in boiler at once, and when all the lids have been fastened, steam eighteen minutes more, allowing water in vessel to completely cover the jars; then take them out and allow them to cool, and screw on lids of jars tighter, if possible. When you put jars in vessel to steam for the last time, the water that you use must completely cover jars, must be boiling and poured over slowly. Never set jars in a vessel of hot water when you commence to steam them. For tomatoes, whole, with the skins on, put tomatoes in jars as described before. Stew some other tomatoes to get the juice, then filter, pour this juice medium-hot over the whole tomatoes in jars, and steam in vessel as described in tomatoes with skins off. Always select solid tomatoes, not too ripe, frost bitten or speckled, as they will ferment; wrap each jar with coarse brown paper. If you have a damp cellar and have no closet to keep your fruit in, put it in a box lined with cotton batting and cover with a lid.

The best months to do tomatoes is between the 15th of August and the 5th of October. If you wish tomatoes soft for stewing purposes, steam thirty minutes the last time, instead of eighteen minutes. Light will sour tomatoes and vegetables, so be sure to wrap them as described or keep them in the dark. In steaming fruits and vegetables you must always allow from the time water boils, and when you tighten lids, before submerging them under water, you allow from the time the lid on this last jar is tightened.

To Steam All Fruits and All Berries by the Improved Method.

To steam the fruits, you place the fruits in jars compactly as possible, to the first screw of jar, pour over your hot syrup to the top of jar, so as to cover fruit, making as described in oven process, and steam in boiler by the same method as tomatoes. Use the following time: For all berries, and grapes, five and five minutes; for plums, cherries, peaches, etc., five and ten minutes; for pineapple, apples and pears, five and fifteen; quinces and hard fruits, five and thirty. This means five minutes to be steamed with lid part way and the balance of time sealed tight and immersed, as described above. It is best, if you can, to tighten the lids in boiler, instead of taking them out and tightening—that is, before you immerse them the last time. It is best in using this steaming process never to set jars on bottom of boiler or on a flat board. I desire all members to have some fruit racks made, which I describe in this book (to be made by some tinner in your city), as it will save you a great deal of inconvenience and prevent the breaking of jars. When filling jars with tomatoes, pack them way to the top, and if after experimenting with one jar, after steaming it the desired time, you find that it will not make enough juice to completely cover tomatoes, I would fill up with boiling water or boiling tomato juice before steaming them under water the last eighteen minutes, as it is important for the liquid to cover tomatoes. It is best to pour in the described liquids or syrups for your fruit or tomatoes while jars are in boiler, and to screw them tighter in boiler as described, instead of taking them out as mentioned above. When tightening jars in boiler do not screw lids too tight or the jar is liable to crack. Use a cloth in your hand to tighten lid on jars in boiler, and when you take them out gradually tighten more as they cool; if jars are allowed to cool in the boiler of water, when through the fruit will not shrink so much.

To Steam Corn, Lima Beans, Peas, and For All Mixed Vegetables.

Put corn in a colander and let a little hot water run over it for about a minute; then cut your corn off the cob, scraping as much juice out of the cob as possible, but don't mix any of the cob with the corn; fill your jars compactly with corn; every time you get two or three ears of corn off the cob in a jar, work down as tight as possible, until the jar is filled compactly about one-half inch from top; dissolve one teaspoonful of salt to five teaspoonfuls of sugar, for each quart jar, and mix well with the corn; fasten the lid of the jar (without the rubber) part way, and steam in boiler of water, as described in the tomato method, but steam four hours divided as follows: Three hours with the lid screwed down part way so as to leave a vent, and the water in boiler covering the jars about three-quarters, then take out the jar, work corn down compactly and fill up from another jar processed the same manner and time; put on rubber, and seal jars air-tight as possible, place back in boiler, add boiling water so jar is completely submerged under water and steam one hour more. Take jars from boiler, allow jars to cool and if Mason jars gradually screw them tighter and put in a dark, cool place. Corn makes sufficient juice of its own; never can corn that is dry or old, it should be canned within twenty-four hours after it is picked—it is best to wrap the jars in coarse brown paper as light will cause fermentation.

For Lima Beans, Peas, and Succotash.

Pack them in your jars, but not as compactly as you would corn. Dissolve one teaspoonful of salt and four teaspoonfuls of sugar to three-quarters of a pint of water for each quart jar.

N. B.—You can leave the sugar out if you desire, dissolve this well, pour over the above vegetables in the jar and steam the same manner and time as described for corn. Wrap jars and keep them in a cool place.

For Mushrooms, String Beans, Asparagus, Squash and Cauliflower.

The string beans, such as white and bush beans, steam three hours, divided as follows: two hours with the lids part way on, and one hour with jars sealed air-tight and immersed under water as described in corn; the liquid being one teaspoonful of salt to three-quarters of a pint of water, to one quart jar. For asparagus, steam the same as string beans, using the same liquid, but before steaming the last hour be careful to have the liquid in the jar cover the asparagus about three-quarters of an inch, or it is liable to ferment. When steaming these vegetables, always leave three-quarters of an inch from the top of the jar, to allow them to swell without bursting the jar, but have the liquid come way to the top; wrap vegetables and tomatoes after they are canned with coarse brown paper before setting them away in the closet. If you fill jars perfectly full with fruit and vegetables, and have liquid coming way to top so as to leave no vacuum, I find you can with safety immerse them at once under water.

For Squash, Pumpkin, Cauliflower and Mushrooms.

Use the same time and liquid as described in string beans, etc. If you wish to can all kinds of vegetables together, pack the mixture compactly in jars, put over the liquid as described above, and steam by the same time as the corn process, but never mix corn in this mixture.

To Can Salmon, Lobster, Meats, Oysters and Other Shell Fish.

Pack the fish in your jars, and distribute about two teaspoonfuls of salt for each quart can, and steam by the same method as described in corn and vegetable process, using the same *time*. If after steaming the first two hours it does not make enough juice, fill up can with boiling water. After steaming the last two hours under water, take out and allow to cool under water. Be sure and wrap coarse brown paper around jars, as light will cause fermentation. Also be sure to keep your canned fish in a cool place or they will not keep.

We do not need to use acids in our methods of canning fruits or vegetables, nor do we recommend same for canning purposes when not necessary, especially in the large proportions given by unscrupulous agents who pretend they can preserve fruit and vegetables in the cold state by the use of this acid. This is a rank fraud and imposition. It may keep the fruit, but it imparts a terrible flavor and just ruins it for eating purposes. But in the small proportions given in my formula, first dissolving it in alcohol and putting this solution in while hot, which causes a certain amount of evaporation to take place, canners will find this a splendid remedy for the preventing of fermentation of the following vegetables mentioned and leaves no taste. You will notice we do not mention fruits, it is not necessary for them, as they seldom ferment if properly canned. But owing to the fact that heat, light, dampness, or improper ventilation do affect vegetables or any compound made of them, or in case housekeepers are careless in not selecting perfect tomatoes or vegetables, fermentation will surely take place, and the following is a sure remedy for preventing tomatoes, corn, vegetables, catsup, mince meat, chili sauce, and other vegetables compounds; also syrups, cordials, spiced fruits and other fruit compounds from fermenting: Take six grains of salicylic acid and dissolve into one dessertspoonful of pure alcohol for each one quart of the above. Put this solution in just after taking any of the above mentioned vegetables, syrups or compounds while hot from the stove, preparatory to filling into your jars or bottles; pouring the solution in while your syrups or compounds are hot evaporates the alcohol and leaves no taste; seal jars or bottles air-tight and keep in a dark, dry place; temperature should be from forty to seventy degrees (one dessertspoonful is equal to two teaspoonfuls). For liquids and unfermented drinks add only three to four grains to each quart.

If you find you have trouble in keeping tomatoes, corn and vegetables from fermenting, owing to improper ventilation or not having the proper storerooms to keep same, use the following method: Dissolve six to eight grains of salicylic acid to one teaspoonful salt to four teaspoonfuls of granulated sugar for each one quart jar; mix well through the jar with your vegetables and process according to directions. You will find this will leave no taste, and is an infallible remedy to prevent fermentation.

Fermentation is divided into three stages—alcoholic, ascetous and putrefactive. When your fruit and vegetables commence to turn sour that is the alcoholic state, and in that state you must never attempt to can same, but they can be utilized to make wine and other fermented drinks. After a few days the acetous state sets in, which makes them very sour, and last of all the putrefactive which is the complete decomposition of the fruits or vegetables.

Important to Housekeepers.

I would advise my patrons not to use tin cans at all to can fruit or vegetables in, as the acid of fruits and vegetables combined with the lead of the tin forms an ascetate of lead which is very poisonous. In purchasing fruits or vegetables canned in tin, great care should be exercised in selecting perfect cans. The following rules will be well to follow: Reject all canned goods that do not have the manufacturer's name and address stamped on can. Reject cans that do not show the rosin around the edge of the solder of the cap. Always press up on the bottom of can, and if it rattles you will know that contents of same is in a putrefactive state, for if sound it would be solid and there could be no rattle. All fruits and vegetables should be removed from tin cans as soon as opened, for if they are left to stand in same for any length of time a poisonous compound is liable to form.

NEW EDITION.

The formulas given in this new edition embrace jellies, jams, catsup, pickling, sauces, chow chow, fancy drinks, ices and fancy desserts; also many other valuable household formulas which no good housekeeper can afford to be without. We do not claim them all as original, but we do claim that they are the most modern and improved methods known, and that they are the means of saving a great deal of labor and expense, and if followed exactly no one need make a failure. The methods of preserving, pickling, brandying fruits and making jams have all received the highest prizes at the different fairs in France, Germany and this country, and should be highly prized by all housekeepers.

Formulas for fancy desserts published in this edition have been obtained by me from some of the leading *chefs* of this country and Europe at a considerable cost, and can be highly recommended for their simplicity and the good results that any one can obtain by following out the directions minutely.

In our latest edition on "The Art of Cooking and Housekeeping Simplified," we have published a great many more valuable formulas for desserts of all kinds, which will prove very valuable to our patrons.

The Preparation of Jellies.

All fruit used in making jellies should, if possible, be freshly picked before it becomes overripe, as the *pectose*, the jelly producing *element* looses its strength with age. It consequently would not have as nice a flavor, and would be more apt to "form." Therefore reject all overripe, unripe, wormy or partially decayed fruits, and when necessary wash fruits in colander before jellying.

The reason that some fruits cannot be made into a firm jelly is because they do not contain as much pectose. Peaches and cherries contain but a small amount of pectose.

Apples, crab apples, pineapples and quinces should be first steamed in a steamer or cooked in a little water to soften them.

If a very clear jelly is desired, the juice must be allowed to drain out without pressing or squeezing. The juice of berries, grapes and currants may be extracted without the fruit being first scalded, if preferred, by putting the fruit into an earthen or granite-ware dish, and mashing well with a wooden potato masher, then putting into a jelly bag and allowing the juice to drain off for several hours.

When strained, if the jelly is to be prepared with sugar, measure the juice and pour it into a granite or porcelain fruit kettle with a very broad bottom, so that as much surface can be on the stove as possible. It is better to boil the juice in quantities of not more than two or three quarts at a time, unless one has some utensil in which a larger quantity can be cooked with no greater depth of liquid than the above quantity would give in a common fruit kettle. The purpose of the boiling is to evaporate the water from the juice, and this can best be accomplished before the sugar is added. The sugar, if boiled with the juice, also darkens the jelly.

The average length of time required for boiling the juice of most berries, currants and grapes, extracted as previously directed, before adding the sugar, is twenty minutes from the time it begins to bubble all over its surface. It is well to test the jelly occasionally, however, by dropping a small quantity on a plate to cool, since the quantity of juice and the rapidity with which it is boiled, may necessitate some variation in time. In wet seasons fruits of all kinds absorb more moisture and a little longer boiling may be necessary. The same is true of the juice of fruits gathered after a heavy rain. Jellies prepared with sugar are generally made of equal measures of juice and sugar, measured before boiling; but a very scant measure of sugar is sufficient, and a less amount will suffice for many fruits. White granulated sugar is best for all jellies.

To Make Jelly from Any Kind of Berries.

To every one pound of sugar take one pound of berries and prepare as follows: Put berries first in a stone crock, porcelain or agate vessel. Stand this in vessel of warm water (not hot), allowing water to come up about three-fourths of vessel holding fruit and allow to boil until berries are well broken and mashed. Then take out vessel from water, strain juices through a piece of cheese cloth. If you desire to utilize all the berries for jelly, put the berries after the juice is drained off in a bag made of cheese cloth, about a cupful at a time, and squeeze out all the juice until all are thus treated. But if you wish to make a jam from the berries remaining, you can take the berries after you first strain off the juice and work them into a jam. Then take your sugar in the proportion given (always using the best granulatad sugar), and put in a dripping pan and stand pan in a medium hot oven, opening the door of oven every now and then to stir sugar so it will not burn. Then boil juice from the berries on top of stove about twenty minutes from time it commences to boil. Then take sugar out of oven, pour into juice, and let this just come to a boil; skim off scum quickly, take off stove, and fill your hot jars or tumblers as quickly as possible. Place paper over jelly on inside of jar (first dipping paper in warm brandy). Put a piece of cotton batting (not wadding) over paper and seal. This latter will prevent all mould. If you find that sugar in pan, while in oven, melts on the side, do not be alarmed, for when this is poured in the juice, it will form in lumps and you can easily remove that. Always remove all lumps and impurities in the jelly before taking same off the stove. The juice of one lemon to every pint of juice before boiling juice will add greatly to the flavor. Stir jelly as little as possible after adding sugar, as it is liable to candy. In that case use the remedy as suggested in this book in general receipts, and marked on page 18 in book.

To Make Jellies from Peaches, Pears, Apples and Other Fruits.

To every one pound of fruit take one pound of good granulated sugar and treat them in the same way as you did the berries, drawing off the juice and adding the juice of the lemon and sealing in the same manner.

Quinces and crab apples being hard, steam them a little while in your steamer, then put them in crocks or vessels in water as described. To each pound of fruit put over about one-quarter cup of warm water—and jelly as described in berries—don't fail to add lemon juice.

To Brandy all Kinds of Fruits.

To every one pound of fruit take one pound of good granulated sugar, and one-quarter of a pint of good white brandy, and use as follows: First pour over just enough water so sugar will dissolve, then drop in your fruit and allow to boil five minutes for cherries and berries, and eight minutes for peaches, pears, plums, pineapples and apples, and ten minutes for apricots, crab apples and quinces.

Take out fruit and place in hot jars on back of stove in dripping pan as described in fruit, having cover on jars; boil down the syrup fifteen minutes, don't stir more than necessary, add in the brandy and pour this syrup over fruit to overflowing and seal. The brandy must never be added until the syrup is boiled down as described.

To make Jam from Raspberries, Strawberries, Currants, and All Other Berries and Fruits.

To every one pound of fruit use three-quarters of a pound of good granulated sugar, and one-quarter of a pint of red currant juice; using as follows: Boil the juice of the currants with the strawberries for about one-half an hour, stirring all the time. Then dip out nearly all the juice, leaving the fruit quite dry. Add the sugar in proportions given, and boil about twenty minutes, skimming carefully, then put in your jars; use brandied paper on top before sealing and piece of cotton batting as described. You can omit the currant if you desire, but the flavor is not so nice.

Brandied Cherries.

Use perfectly sound, large sweet cherries; remove the stems, or clip them within an inch of the fruit; put over the fire in the preserving-kettle a pound of sugar and a quart of water; boil them together, and skim the syrup quite clear; scald the cherries in this for two or three minutes, but not long enough to break the skins; then take them from the syrup with a skimmer, and spread them on dishes to cool.

Make a syrup in quantity sufficient to cover the cherries, allowing a pound of sugar to half a pint of water or of the thin syrup used for scalding the cherries; boil the syrup, skimming it until it is clear, and then cool it; when it is cold, mix with it an equal quantity of the best French brandy. Put the cherries into wide-mouthed bottles, pour the syrup over them, cork the bottles tight, and then seal them by dipping the corks into melted resin and wax.

Grape Jelly.

Prepare the juices the same as in directions given for berries, and process the same manner; for green grapes add from one-quarter to one-half pound more sugar.

Orange Jelly.

Select tart oranges, press out the juice, and mix with an equal quantity of juice pressed from sub-acid apples. Then for each pint of juice use from three-quarters to one pound of sugar, and process the same as in directions for making other jellies.

Apple Jelly without Sugar.

Select juicy, white fleshed, sub-acid fruit, perfectly sound and mature, but not mellow. The snow apple is one of the best varieties for this purpose. Wash well, slice and core, without removing the skins, and cook as directed in the preceding recipe. Drain off the juice, and if a very clear jelly is desired, filter it through a piece of cheesecloth previously wrung out of hot water. Boil the juice, rapidly at first, but more gently as it becomes thickened, until of the desired consistency. The time required will vary with the quantity of juice, the shallowness of the dish in which it is boiled, and the heat employed. One hour at least will be required for one or two quarts of juice. When the juice has become considerably evaporated, test it frequently by dipping a few drops on a plate to cool; and when it jellies sufficiently remove at once from the fire. A much larger quantity of juice will be needed for jelly prepared in this manner than when sugar is used, about two quarts of juice being required for one-half pint of jelly. Such jelly, however, has a most delicious flavor, and is excellent served with grains. Diluted with water, it forms a most pleasing beverage.

Apple and Pear Marmalade.

Peel seven pounds of tart apples and put them into the preserving kettle with a pint of cold water; peel the yellow rind of four lemons, and add same to the apples. Boil it to a pulp, then squeeze in the juice of the lemons and add four pounds of sugar, and boil the marmalade from one-half to three-quarters of an hour until it has the proper " form " and seal in your glasses.

To put Fruit in Jelly.

Prepare some jelly, either from apples or oranges when boiled to the proper consistency, and add to it as it begins to cool stoned dates, seeded raisins, pitted cherries or other small fruits.

Quince Jelly.

Clean thoroughly good sound fruit, and slice thin. Put into a double boiler with one cup of water for each five pounds of fruit, and cook until softened. Express the juice, and proceed as with other jellies, allowing three-fourths of a pound of sugar to each pint of juice. Tart or sweet apples may be used with quinces in equal proportions, and make a jelly of more pleasant flavor than quinces used alone. The seeds of quinces contain considerable gelatinous substance, and should be cooked with the quince for jelly making.

Plum Jelly.

Use damsons or greengages. Stone, and make them in the same way as for berry and other small fruit jellies.

Peach Marmalade.

With a rough cloth rub the fur from sound ripe peaches. Cut them in halves, taking out the stones, and crack about half of them and take out the kernels; pour boiling water over the kernels, and rub off the skins; then cut them lengthwise in small strips, weigh the peaches, put them in preserving kettle, and add to them three-fourths of a pound of sugar to each pound of peaches; set on back of stove where it will heat slowly; when it boils stir constantly and let it boil half an hour; when it has boiled twenty-five minutes put in the kernels you have cut in strips, and boil it five minutes longer. Put the marmalade in jars, and when cold dip a white paper in brandy and lay over it and seal tight.

Crab Apple Jelly.

Wash the apples, cut them in small pieces, put them in preserving-kettle with just enough water to cover them. Set them on the stove and let them cook to a pulp; then pour all into the jelly bag, and let the juice drain through them (do not squeeze the bag), and to each pint of juice add one pound of sugar and boil together, removing all scum, for twenty minutes, or until a little of the juice cooled forms a jelly; when partly cooled put it in your cups, dip a piece of white paper in brandy and lay over it, and seal tight.

Apple Jelly.

Quarter and remove the cores of twelve large, juicy apples, put in a saucepan with a pint of cold water, and place over the fire; let simmer slowly for thirty minutes. Place a sieve over an earthen bowl, pour the apples in the sieve, and let the juice drain into the bowl; when the juice has all run into the bowl, strain it through a cheesecloth, and to each pint of juice add one pound of white sugar; put juice and sugar in preserving kettle, and set it over the fire. Let it heat gradually, and when it comes to a boil, boil it ten minutes longer, remove from stove, and let it cool. Pour into your glasses, and put up as already directed for jellies.

Cherry Preserves.

Take sound fruit as large as possible. Stew the cherries, and remove the stone or pit with a quill by pushing through the cherry from the stem end, thus punching out the stone (the quill should be cut squarely off first); save all the juice. After the fruit is stoned, weigh it, and for every pound of fruit add one pound of sugar; sprinkle the sugar through the fruit and let it stand over night—this will harden the fruit; then put all in the preserving kettle and place it on back of stove where it will heat gradually, and let it boil slowly until the cherries look clear, removing all scum as it rises. When the cherries are clear remove from the stove, cover it, and let it cool. Put in glass jars, dip a piece of paper in brandy and lay over the fruit, seal air-tight and keep them in a cool, dark place.

Raspberry Preserves.

Take nice firm berries, looking them over carefully so as to be sure that no insects are hidden in the fruit, and then weigh them;

take an equal amount of sugar and fruit, put it in the preserving kettle in layers alternately, having a layer of sugar at top and bottom, let it stand over night. The next day squeeze through a cloth some ripe currants, and allow half a pint of currant juice to each two pounds of fruit and sugar, weighed together; pour the currant juice over the fruit and sugar in preserving kettle and place kettle over the fire and stir until they boil; be careful not to break the berries. After it boils, stir often enough to prevent sticking or burning; when the berries look clear remove from stove, cover them and let cool When quite cold put into glass jars, lay a piece of brandied paper on top of fruit in each jar and seal air-tight. A few china marbles placed in kettle when syrup is boiling will prevent the sticking or burning of same.

Elderberry and Grape Jelly.

Use one-third of ripe grapes and two-thirds of ripe elderberries, have all the stems out, put them in saucepan, and place over the fire and let them cook slowly until tender enough to yield all their juice freely, then put it into a jelly bag and let drain until all the juice is out. Then for each pint of juice add one pint of granulated sugar; then boil the sugar and juice together, and stir until the sugar is dissolved. Continue the boiling until a little of the jelly cooled on a saucer stiffens, and when it is partly cool pour it into the jelly moulds, and when cold cover with brandied paper to exclude the air.

Barberry Jelly.

Clean the berries, weigh them, and put in saucepan with water enough to prevent burning, and boil the berries to a pulp; then pour all into a jelly bag, do not squeeze them, but let the juice run through the bag, and to each pint of juice add one pound of sugar. Boil the sugar and juice together, and if a scum rises, skim it off; continue boiling until a little of the jelly cooled on a saucer stiffens, and when the jelly is partly cool pour it into the jelly glasses and cover with brandied paper and seal airtight.

Pineapple Preserves.

Peel and slice nice ripe pineapples, use equal parts of sugar and pineapple, put a thick layer of sugar in a deep bowl or crock and fill it with alternate layers of fruit and sugar, having sugar at top, and let it stand over night. In the morning drain the syrup into a preserving kettle, place it over the fire and let it boil gently, removing the scum as it rises, and allow to boil slowly until a little of it cooled on a plate thickens. Then pour the syrup over the pineapple, and let it cool, and when quite cold seal in glasses or jars.

Plum Marmalade.

Wash, and cut the plum nearly to the stone, put into a preserving kettle and place over a moderate fire; stir them to prevent burning as they boil; the stones will rise to the top—skim them out. Simmer until the plums are tender, then rub them through a sieve; crack about one-quarter of the stones, take out the kernels, pour boiling water over them and rub the skins off; cut them in small strips, add the kernels and weigh the pulp. To each pound of pulp add three-quarters of a pound of sugar. Place in preserving kettle and put on the stove, stir until they boil, and slowly boil them for ten minutes, stirring constantly. Then partly cool the marmalade and put it up as already directed.

Cranberry and Sago Jelly.

Select nice berries and wash thoroughly; put them in a saucepan, cover with cold water, place vessel over the fire and stew until so tender that they will break as you stir them with a spoon. When they are all soft, squeeze through a jelly bag, and to a quart of the strained juice add half a pound of sugar and two ounces of sago; let it boil until the sago is transparent. Rinse your jelly glasses with cold water and pour the jelly in. Let it cool before using.

Apple Jam.

Select nice, tart and well flavored apples; chop them fine, removing the core; to each one pound of prepared apples as described, use one pound of light brown sugar. First pour over the sugar one gill of cold water; put this in a kettle on the stove, skim syrup clean, then put in your apples and scrape into this the yellow rind of one lemon and squeeze in the juice of lemon; scrape and slice one small green ginger root to each pound of apples and boil all slowly until apples look clear, stirring just enough to prevent burning. When the jam is cooked sufficiently, allow it to cool in kettle, put into glasses or jars, and seal as directed in jellies and jams.

Florida Orange Marmalade.

Grate off the yellow rind of nine large oranges; add to the grated rind the juice of three large lemons; remove the thick white rind from the grated oranges, and all the rind from nine more; weigh the eighteen oranges, and allow an equal weight of white sugar. Put the grated rind, lemon-juice and sugar over the fire, and let them boil; meantime free the pulp and juice of the oranges from all the white skin, and add them to the boiling sugar; boil the marmalade slowly until a little of it cooled on a saucer jellies. Put it away as directed in the recipe for other marmalades.

Preserved Tomatoes.

Use small yellow tomatoes, perfectly ripe and sound; pour boiling water over them and then peel them, being careful to keep them entire. Weigh the tomatoes and allow an equal quantity of sugar; to each pound of sugar use half a lemon thinly sliced, the seeds being removed; put the sugar and lemons into the preserving-kettle, with just enough water to moisten the sugar, and slowly heat it until it dissolves; boil it and skim it until it is clear; then put in the tomatoes, and boil them gently for three quarters of an hour. Cool the tomatoes, and then put them up as directed in other preserve recipes.

Tomato-Figs.

Use the small yellow tomatoes; scald the tomatoes, remove the skins without breaking the fruit and weigh it; allow half as much sugar as there is fruit; pack the tomatoes and sugar in layers in earthen jars and let them stand for twenty-four hours. Then drain the juice from the fruit, add to it a pound of sugar for each pint of juice, put them together in a preserving-kettle over the fire, and boil them; when the syrup thus made is boiling, put in the tomatoes, and continue the boiling until they look clear, removing all scum as it rises; when the tomatoes look clear pour them into earthen jars, and let them stand for two days. Then again drain off the syrup, boil it up once, pour it again over the fruit and let them stand two days longer. At the end of that time take the tomatoes from the syrup, lay them on sieves or dishes, and dry them for a week, putting them in the sun every day, and turning them over twice a day; if the weather should be damp, the tomato-figs should be dried in a warm room. When they are quite dry, pack them in wooden boxes, with dry sugar between the layers, and keep them in a dry place.

Tomato Jelly.

Stew a quart of tomatoes, with a palatable seasoning of salt and pepper, to a soft pulp; strain this pulp through a very fine sieve or jelly-bag; to each pint of the strained tomato add half a cupful of white sugar, and a tablespoonful of corn-starch dissolved in half a cupful of cold water; put these ingredients over the fire, and stir them until they have boiled for one minute; then cool the jelly. Serve it with broiled, fried, baked or roasted meats.

Tomato Jam.

Scald ripe, sound tomatoes, peel them, put them over the fire in a preserving kettle, and cook them gently until they are tender enough to be rubbed through a sieve with a potato-masher; weigh the pulp, put it again into the kettle with an equal weight of sugar; to each pound add the grated rind and juice of two lemons, and boil the jam until it looks clear, and is thick when a little is cooled on a saucer. Then cool it a little, and put it up in air-tight glass jars, or in glasses with paper pasted over the top.

Barberry Jam.

Weigh the berries that are left in the jelly bag (after making jelly) put them into the saucepan, with an equal amount of brown sugar, and boil to a thick jam; take off all scum that rises. Stir it as it thickens to prevent burning; when the jam is done let it cool a little, put in air-tight jars and cover with paper.

Raspberry and Currant Jam.

Take an equal amount of raspberries and sugar. To each pound of fruit and sugar (that is the united weight of both) add half a pint of currant juice. Put the currant juice and the raspberries in the saucepan and place on the fire; mash the berries by using a wooden spoon; stir continually, let them boil until about one-third of the juice is left, then put in the sugar, stirring constantly. When the sugar is dissolved let it simmer slowly for about five minutes; great care should be taken not to let it burn. When cool put in jars, and dip a piece of white paper in brandy and lay over it; then put a layer of cotton batting over all and seal the jars.

Preserved Pears.

Take acid pears for preserving. If the fruit is small preserve it whole, if large cut in halves, peel the pears with a silver knife, dropping them into cold water as fast as they are peeled to prevent discoloration. When the fruit is all prepared allow a pound of sugar to each pound of pears. Put the fruit over the fire with just enough water to cover it, and boil it gently until it is tender enough to yield to a slight pressure of the fingers; meantime put the sugar into the preserving kettle, adding to each pound a pint of cold water, and to every five pounds of the sugar, add the thinly pared yellow rind and juice of two lemons, and two ounces of green ginger root scalded and scraped; boil the syrup and remove all scum as it rises; when the pears are boiled, as directed above, put them into the syrup, and boil them until they look clear; when the pears are thoroughly penetrated with the syrup, remove the preserving kettle from the fire, allow the preserves to cool, and put them in glasses or jars as directed in preserves and jams.

To Preserve Fruits Whole.

Take four pounds of granulated sugar and add just enough water to dissolve the sugar; allow syrup to come to a boil, skim clean, and then boil syrup until it strings. Take vessel from stove, add to syrup one pint of alcohol, and while it is foaming pour it over peaches or other acid fruits, which have been previously packed in their raw state in the jars, and seal jars air-tight.

To make Preserves of Citron or Watermelon Rind.

After the citron is peeled weigh it; to each pound allow a pound of sugar, an ounce of green ginger root, a lemon, and halt a pint of water; scrape the ginger root and tie it in a clean cloth with the yellow rind of the lemon pared very thin; squeeze the juice of the lemon and strain it; put the sugar and water over fire and let them heat together and begin to boil, removing all scum as it rises; when the syrup is free from scum, put in the citron rind, ginger and lemon peel and juice, and boil all together until the citron looks clear, removing any scum which may rise. Then let the preserve cool in the kettle, put it into glass jars, leaving the ginger and lemon with it, if their flavor is desired, distributing them among the jars of citron.

The watermelon rind is preserved in the same manner.

Sherry Wine Jelly—From the French.

Dissolve to each quart of water one-half pound of granulated sugar, then stir in two ounces of gelatine, broken in small pieces, squeeze the juice of a medium sized lemon into this, grate the rind of this lemon and add to this mixture. Stir well, place the vessel on a hot stove to boil. Take the white of two eggs, first beat well in separate dish, and add to the above. Also grate in a saltspoonful of nutmeg, add six cloves, one bay leaf, mixing well for one or two minutes. Have in readiness a jelly bag tied on a jelly stand, or two kitchen chairs will answer. Stir preparations in the vessel, when it comes to a boil set it back to a cooler part of the stove to prevent it overflowing. Put in three or four china marbles; these will act as automatic stirrers and keep the mass from burning or candying; leave boil for about six or seven minutes. Place another vessel under the jelly bag, pour into the jelly bag the hot mixture, immediately adding to it a half pint of good sherry wine and a teaspoonful of burned sugar. Allow all to drain into the vessel, then pour this back into the bag, and allow it to drain through again for about two hours in another vessel. Have a quart jelly mold in readiness, pour jelly into same and allow it to cool for two hours, keeping mold covered and set into your refrigerator for two hours to harden. Then place mold carefully into warm water, not hot, nearly up to the top for a minute, then turn the jelly into a dessert dish, and it is ready for use.

To make champagne, Jamaica rum, brandy or other wine jellies, use the same formula only adding the wine you desire to flavor it with.

Burned Sugar.

Put into your vessel one pound of sugar and place on a slow fire to burn thoroughly for about thirty to thirty-five minutes (a small frying pan is best to use); then take pan from stove to cool for about six minutes and add a half pint of water stirring well. Put back on stove and allow to boil six minutes more, stirring it constantly; take from stove, drain through a fine sieve into another vessel and allow it to cool. Then place into Mason jars, seal and keep until ready to use; it will keep for nearly a month.

Apple Jelly.

Take five large-sized apples, cut them into small pieces and add to them nearly one pint of cold water, place vessel on hot stove, and when this comes to a boil skim clean and add in about one-quarter of a lemon, and allow all to boil fifteen to twenty minutes, stirring well to prevent burning; place a sieve over another vessel, pour this mixture into sieve and allow it to drain about twenty minutes. Add into the vessel about one pound of granulated sugar, and replace on the stove and allow it to boil down about one-half; it usually takes from thirty to thirty-five minutes. Take this from the fire, pour into stone crock, cover mouth of crock with cotton batting and keep in cool place.

Brandied Green-Gage Plums.

Choose perfectly sound green-gage plums, not quite ripe; wash them in cold water, and wipe them dry; have plenty of peach or vine leaves washed and drained; in the bottom of a preserving kettle put a layer of leaves three deep; weigh the plums, and to each pound allow a piece of alum as large as a grain of corn; put the plums and leaves into the kettle in layers, with the alum pulverized and sprinkled among them; cover the last layer of plums with a layer of leaves three deep, and pour over them just enough cold water to cover them; spread a clean towel over the top of the kettle, and then fit on a perfectly tight cover to keep in the steam; place the kettle on the back of the stove, where its contents will heat gradually, and steam them for two hours; do not allow the plums to boil, or they will soften and break; when they are quite green, drain them and cool them, and put them into wide-mouthed jars.

Make a syrup as follows: For each pound of plums allow half a pound of sugar and half a pint of water; put them into a preserving kettle, and boil and skim the syrup until it is clear; then cool it, and add to it an equal measure of the best French brandy; when both plums and syrup are quite cold, fill the jars with the syrup, and then cork and seal them air-tight.

Pear Jam.

Peel, quarter, and core perfectly ripe pears; weigh them, and then pack them closely into an earthen jar; place the jar in a saucepan of boiling water over the fire, and let it remain until the fruit is soft enogh to break apart; then put an equal weight of sugar over the fire, with a pint of water to each pound of sugar, and skim it until it forms a clear syrup; put the pears into the syrup, and stir them frequently until they boil; after they begin to boil, stir them constantly, and boil for twenty minutes; then partly cool the jam, and put it up as already directed.

Plum Jam.

Wash, dry, and weigh the plums; allow three-quarters of their weight in sugar; put the plums over the fire, and boil them gently for three quarters of an hour, stirring them often enough to prevent burning; remove the stones as they rise to the surface, and crack one-fourth of them; at the end of three-quarters of an hour put in the sugar, and continue to boil the jam for fifteen minutes, stirring it constantly, and removing all scum as it rises; five minutes before it is done, put in the kernels; when the jam is partly cool, put it in jars; when it is quite cold, lay paper dipped in brandy in each jar, and seal them air-tight.

Sugared Quinces.

Select sound, firm quinces: wipe them with a wet cloth, pare them, cut them in eighths, and core them; put the cores and parings into a small cloth bag, and boil them with the quinces, which must be put over the fire in a preserving kettle, with boiling water enough to cover them, and boiled gently until they are tender, then drain and cool them; after they are cool, weigh them, and allow an equal amount of granulated sugar; when the quinces are quite cold, put them into glass or earthen jars in layers with the sugar, and cover the jars air-tight.

To Test Jelly.

Drop a spoonful in a glass of cold water; if it goes to the bottom without mixing with the water it is done; or place a spoonful in a cold saucer; if it hardens without spreading it is done. It is always best to stew or boil berries or fruit sauces, also jellies, in earthen crocks; be sure and not have them glazed. Boil water several times in them before using; this will temper them.

Apple Butter.

Take nine gallons of cider, boil down one-third; add to the boiling cider three gallons of apples that have been pared and quartered; boil rapidly for two hours, so as to prevent them from sinking; when they commence to sink, stir so as to prevent them from burning; add sugar and spice to suit the taste, stir constantly until the mass is reduced to a thick, smooth pulp—this generally takes from thirty to forty minutes. Place in crocks and tie cotton batting over the mouth of crock.

Tomato Butter.

One bushel ripe tomatoes, one-half bushel of ripe apples, five pounds of brown sugar, one ounce cinnamon, one ounce allspice, one ounce cloves; first allow tomatoes to come to a boil, then add the apples peeled and cored; let cook together, watching very carefully for about three-fourths of a day, then add the sugar and allow to boil until juice is cooked out of them; one hour before taking off add the spices.

Apple Butter from Dried Apples.

Four pounds dried apples, two pounds of dried pumpkin, allow to soak twelve hours with water covering same; add one gallon glucose, one quart of boiled cider, one quart of syrup, six pounds brown sugar, one-quarter pound gelatine, a little mixed spice to suit the taste; boil slowly one hour or more, stirring all the time.

PICKLING, CHOW-CHOW AND CATSUPS.

To Test the Proper Strength of Cider or Wine Vinegar.

Vinegar should be from fifty to sixty grain strong; if over sixty grain it is too strong; if under fifty, it is too weak for pickling purposes. To test same take one hundred and thirty-five grains bicarbonate of soda, (baking soda), have druggist weigh it for you, and stir this in small proportions gradually into a large tumbler that contains exactly two ounces of the vinegar you desire to test. If it effervesce, or foams quickly, overflows the glass, goes down quickly and absorbs all the baking soda, it is too strong, and in that case add one-quarter filtered rain water to three-quarters of this vinegar before using. If it foams up gradually, goes down gradually, comes down slowly, falls flat and does not absorb the baking soda, it is too weak and should be used for table or cooking purposes only. But if it foams up gradually and don't overflow much, comes down gradually, absorbs all, or nearly all the soda, it is the proper strength for pickling purposes.

The Test to Ascertain if There is Acid in Vinegar.

Take one ounce of acid called muriate barium and mix this with two ounces of water; put in bottle and cork it. When desiring to test vinegar, take three tablespoonfuls of vinegar you desire to test and drop into the vinegar five drops of the above solution; if the vinegar turns a milkish color, there is sulphuric acid in it.

To Prepare Vinegar for Pickles.

Take one pound of green ginger cut up and dried, one pound of horse radish cut up and dried, one pound of mustard seed mashed and dried, one ounce of white pepper whole, one ounce of mace, one ounce of grated nutmeg, two tablespoonfuls of turmeric, two tablespoonfuls of celery seed, two tablespoonfuls of allspice, two tablespoonfuls of cloves, two pounds of brown sugar, two gallons of vinegar and shallots to taste, one tablespoonful of alum. Keep this in the sun and shake daily. Prepare this vinegar early in the summer, keep in closed crocks until ready for using.

To Strengthen Vinegar.

Let it freeze and take the ice off the top, as the water alone freezes.

Potato Vinegar.

Two gallons of water that potatoes have been boiled in, one pound brown sugar, a cup of hot yeast. In three or four weeks you will have most excellent vinegar. Cucumbers cut fresh from the vines, without salt, will keep in this vinegar.

Beet Vinegar.

Take one bushel of sugar beets, wash and grate them into a cheese or cider press. Put the juice into a cask, cover the bung with netting and set in the sun. In two or three weeks you will have five or six gallons of good vinegar.

Spiced Vinegar.

Two gallons cider vinegar, two and one-quarter pounds brown sugar, one and one-half ounces celery seed, one and one-half ounces cloves, one and one-half ounces mustard, one and one-half ounces mace, one and one-half ounces pepper, one and one-half ounces turmeric, one and one-half ounces white ginger. Put the spices in small loose muslin bags in the jar with the vinegar and sugar.

The Most Improved Method for Making Pickles.

Make a brine of four pails of water, six quarts of salt, a piece of alum size of an egg, one and one-half ounces of saltpetre, and stir until thoroughly dissolved. Test to see if brine is strong enough; see that it will balance an egg or a small potato. Put in your small or medium-size cucumbers, and leave in from fourteen to twenty-four hours, according to how salty you desire same. Then transfer pickles into a vessel of fresh cold water for twenty-four hours, mixing grape leaves in water as follows: A layer of grape leaves and a layer of pickles, and so on until vessel is full. The last five hours of the twenty-four, put a piece of ice on top of pickles large enough to chill them; this will harden them. Boil the vinegar made as described, put pickles into stone crocks or jars, pour hot vinegar over same, put a piece of writing paper on top of vinegar, then a thick layer of cotton batting, and seal jars or crocks. Tie cotton batting over mouth of crocks.

You will find by processing pickles by this formula they will not be soft, and fungus or mold cannot form on top.

Cucumber Pickles (Sweet).

Select the medium, small-sized cucumbers; for one bushel, make a brine that will bear up an egg; heat it boiling hot and pour it over the cucumbers; let them stand twenty-four hours, then wipe them dry; heat some vinegar boiling hot, and pour over them, standing again twenty-four hours. Now change the vinegar, putting on fresh vinegar, adding one quart of brown sugar, a pint of white mustard seed, a small handful of whole cloves, the same of cinnamon sticks, a piece of alum the size of an egg, half a cupful of celery seed. Heat it all boiling hot and pour over the cucumbers in jars and seal tight.

Sliced Cucumbers—Canned.

Slice cucumbers very thin, let them stand about twelve hours in weak solution of salt and cold water, then place them in colander and drain thoroughly, then fill a jar little over half full of the cucumbers, heat vinegar and pour over them to fill up; a small piece of horse-radish gives them a nice flavor; you can also spice the vinegar if you desire.

Sweet Cucumber Pickles.

Take one peck of small cucumbers, and for five mornings pour over them a hot brine made of one cup of salt to one gallon of water; the sixth morning pour over them hot vinegar enough to cover them nicely. The seventh morning take new vinegar, add one and one-half pounds of brown sugar, one-half pound of white mustard seed, and one pound of cassia buds, heat to boiling point and pour over the pickles, cover the jar with a cloth and in a few days they will be ready for the table.

Sweet Green Tomato Pickles.

Slice one peck of green tomatoes, put them in a jar sprinkling through them two cups of salt (they will make their own brine), let them lay over night, the next morning let them drain thoroughly. Take one gallon of vinegar, one and one-half pounds of brown sugar, one-half ounce of ground cloves, and one-half ounce of ground cinnamon, put the tomatoes in and cook until they are tender; put in a jar and cover well; as soon as they are cold, they are ready for use.

Pickled String Beans.

Soak your beans in salt water twenty-four hours (brine strong enough to balance an egg); pour off brine and scald in good vinegar for a few minutes, with a little alum and spice; then seal in jars or crocks, using the same vinegar. Use a piece of alum about the size of a cherry for each quart jar. Spice to suit taste.

Watermelon Pickle.

Ten pounds of watermelon rind boiled in pure water until tender; drain the water off, and make a syrup of two pounds of white sugar, one quart of vinegar, one-half an ounce of cloves, one ounce of cinnamon, the syrup to be poured over the rind boiling hot three days in succession, leaving them in the syrup until next day. The last day when syrup comes to boil drop the melon in and let it boil three minutes; then place in stone jars tied up with cotton batting as described.

Citron Pickle.

Pare the citron, cut it into such shapes as are desired; boil with a teaspoonful of alum to each one-half gallon until tender, then drain well; boil together for ten minutes two quarts of vinegar, three pounds of sugar, three ounces of cassia buds; then add the citron and boil this five minutes longer. Put away in jars or crocks sealed air-tight.

Ripe Tomato Pickles.

Take tomatoes two-thirds ripe—those that are red and firm. Put them into very strong brine that has been made by boiling and skimming, and has become perfectly cold. Let them remain in this brine eight days. Then drain them and put them into very weak vinegar for twenty-four hours; remove them from this, and lay them in layers in stone jars, with sliced onions and spices between; then pour over them very strong and cold vinegar. For every peck of tomatoes add one ounce of cloves, eight tablespoonfuls of dry mustard, one ounce of ground black pepper, one ounce allspice, and one dozen large onions sliced.

To Salt Cucumbers for a Year.

For a butter-tub of cucumbers pour one pail of boiling water on one quart of salt and one ounce of saltpetre; let it stand over night. Pick cucumbers every day and put in until full. If more liquid is required, put in water, spread a cloth over, and upon that place a board.

Green Tomato Pickles.

One peck of green tomatoes and twelve large onions sliced very thin or chopped; sprinkle with salt, and let them stand over night; in the morning drain them. Have ready a quarter of a pound of mustard seed, one ounce each of allspice, ground pepper, cinnamon, cloves, ginger, one box mustard and one pound of sugar. Mix well together. Put a layer of tomatoes and then layer of spices alternately; cover with strong vinegar and boil gently until transparent.

To Make Mangoes or Green Peppers.

Let them lie in salt and water for about a week (brine the same strength as for string beans); then remove the seeds and fill them with shaved cabbage and a little mustard seed. Pour over them scalding vinegar, then seal in jars or crocks.

To Make Chow-chow.

Two large cauliflowers, two dozen onions, two dozen pickled cucumbers cut in slices, two quarts of vinegar, one-quarter of a pound of ground mustard, one quarter of an ounce of whole peppers, the same of allpsice, cloves and horse-radish cut in small pieces; boil the cauliflower till tender; then put it in salt and water for twenty-four hours. The onions are to be sliced and laid in salt and water two days. Put the mustard in the vinegar; let it come to a boil; then pour it over the cauliflower, spices, etc. Pick the cauliflower in pieces.

To Pickle Onions.

Peel and boil small onions in milk and water ten minutes. Put to a gallon of vinegar one-half ounce of mace, quarter of an ounce of cloves, five tablespoonfuls of salt, one-half ounce of alum, and turn the whole, boiling hot, on the onions, the water and milk being first drained off, and seal in jars or crocks air-tight.

Chow-chow.

One-half bushel of green tomatoes, one dozen peppers, one dozen onions; chop all fine and salt over night with one pint of salt. In the morning drain the mess from the brine and put in a kettle over a fire with enough vinegar to stew same; cook slowly for one hour, then drain it from the vinegar and pack same in crocks or jars. Then take one pint of grated horse-radish, two pounds of sugar, one-half cup of ground mustard, one-half pound of white mustard seed, two large spoonfuls of cinnamon, two spoonfuls of allspice, one spoonful of cloves, one spoonful of black pepper, with enough vinegar to thoroughly wet the chow-chow; put in a kettle, allow it to come to a good boil, and pour over the chow-chow in crock boiling hot, and seal with cotton batting as described in pickles.

Pepper Sauce.

Six large-sized peppers and one hard head of cabbage chopped together. When partly chopped add one and one-half teacupfuls of salt, to preserve it, one-half teaspoonful of cayenne pepper, one tablespoonful of ground allspice, one-half pound of black mustard seed, one-half pound of white mustard seed; put in pots and cover with cold vinegar; cover tightly.

It is fit for use in about one month.

Tomato Catsup.

To one gallon of ripe tomatoes add four tablespoonfuls of salt, four tablespoonfuls of ground black pepper, three tablespoonfuls of ground mustard, one-half of a tablespoonful of allspice, one-half of a tablespoonful of cloves, six red peppers ground fine. Boil the whole slowly with one pint of vinegar for four hours, then strain it through a sieve. Bottle and cork tight.

Tomato Catsup.

To one-half bushel of tomatoes (it is not necessary to skin the tomatoes) add five large onions, cutting all up together, and boiling them for four hours; strain them through a wire sifter, and to each quart of juice put two tablespoonfuls of fine salt, two teaspoonfuls of ground black pepper, one teaspoonful each of cloves, allspice and mustard, ground, one teacupful of vinegar, and a small quantity of cayenne pepper; put all on together, and boil for six hours. Have bottles ready, and bottle and cork up well while hot.

Currant Catsup.

Pick over and wash five pounds of currants; put them in a porcelain-lined kettle, add three pounds of sugar, one pint of good vinegar, one tablespoonful each of cinnamon, mace and black pepper, then add one teaspoonful of salt. Boil all together until the fruit is well cooked; then bottle tightly.

Spiced Currants.

Five pounds of currants, four pounds of sugar, one pint of vinegar, two tablespoonfuls of cloves. Boil one and a half or two hours.

For Making Chilli Sauce.

One peck of ripe tomatoes, six onions, five red peppers, one-half pint of horse-radish, one and a half pints of vinegar, three tablespoonfuls of salt, one-half cup of sugar, if desired, two tablespoonfuls of cinnamon, one tablespoonful of allspice, one tablespoonful of ginger, one-half teaspoonful of mace, one tablespoonful of cloves, one-half teaspoonful of nutmeg; peel tomatoes and onions, remove seeds from peppers, chop fine, add spice, vinegar, salt and sugar. Boil slowly four hours and stir continually or it will burn. Bottle or can while it is hot, sealing jars the same as for fruit; always have your jars or bottles hot beforehand; if the flavor of celery is liked add one-half dozen stalks and roots; if celery is used add one-half pint of vinegar extra.

To Make Mushroom Catsup.

Lay alternate layers of mushroom and salt in an earthen-ware jar, using one-fourth pound salt to each quart of mushrooms.

After six hours break them into pieces, and set them in a cool place for three days, stirring every morning. Next strain, and to every quart of the juice add one-half ounce each allspice and ginger, one-half teaspoonful powdered mace and one teaspoonful cayenne pepper; put into a closely covered stone jar, set in a vessel of boiling water, and boil briskly for five hours; then empty into a porcelain-lined kettle, and simmer gently for one-half hour more; let it stand over night in a cool place, drain off the liquor, and fill jars or bottles to the mouth, and seal air-tight; keep in cool, dark place.

Cold Catsup.

(Using no heat to make same. This formula cost the author five dollars).

One peck good tomatoes, one cup chopped celery, six medium size onions, two pounds brown sugar, one cup salt, one cup English mustard seed, two quarts of best cider or wine vinegar, three red peppers, two ounces of ground cinnamon; chop the tomatoes, and drain in a colander; chop the onions and peppers together very fine. After a greater part of the juice of the tomatoes has been drained off, mix all the ingredients with the tomatoes, bottle and seal air-tight; wrap and keep in cool place.

In case you should have any trouble with it fermenting add the acid in the quantity as directed in preventing fermentation; but I find it will keep nicely without acid if the formula is used as directed.

Tomato Catsup (Using Heat).

Two quarts tomato pulp, one onion cut fine, two tablespoonfuls brown sugar, boil until thick; take from fire, strain through sieve, add two tablespoonfuls mustard, one tablespoonful of allspice, one tablespoonful of black pepper, one tablespoonful ground cinnamon, one teaspoonful ground cloves, one-half teaspoonful of cayenne pepper, one grated nutmeg, one pint good wine or cider vinegar, and boil all together until fine enough to run from the mouth of a bottle; it should be stirred often enough to prevent burning, and be sealed in jars while hot.

About Vinegar.

Never boil vinegar over six minutes, as it reduces the strength to boil longer. If you think vinegar is too weak after it is poured over pickles, turn it off, prepare new vinegar and spices as described, and pour over the pickles. In boiling the spices in vinegar, tie them in a muslin cloth.

To Make Vinegar from Tomatoes.

Press out the juice from ripe tomatoes in a clean pan or dish. Keep it in a moderately warm place for one-half day and it will turn into vinegar; add one gill of molasses to each quart of vinegar.

To Make Cider Vinegar.

Put enough cider in a barrel or keg to fill within a gallon of its capacity; it will gradually sour in four to six months; then rack it off, either keeping it in casks or demijohns. Whenever it thickens or gets mothery, draw it off again and put it in a clean vessel; if it is not acid enough add two ounces brown sugar to every gallon.

To Determine Whether Vinegar is Vegetable or Made of Acids.

Take a glass bottle that is perfectly clear; put in your vinegar, take it to the light, or use a small microscope. If you can see any signs of animal life in the shape of little wigglers, called pollywogs, that is good vegetable vinegar, as no life can exist in acid vinegar.

To Make Vinegar for Household Purposes in Three Weeks —Not to be Used for Pickling.

Take one quart of molasses, one pint of yeast, to three gallons of warm rain water; put this mixture in a keg or barrel with bunghole open, and protect it with gauze, as described on page 59.

How to Soften Rubbers and Make them Nearly as Good as New.

Take about one teaspoonful of pure ammonia to about one pint of water. Drop in rubbers and let stand for few minutes. If one fits loosely put in two rubbers instead.

If Vinegar is Too Strong, How to Weaken.

To every gallon of strong vinegar pour in a quart of filtered rain water.

To Keep up a Constant Supply of Vinegar, as made on Page 58, called "Cider Vinegar."

When about two-thirds of the cask or the barrel of cider vinegar is used, mix to the other one-third vinegar left the following: to every eleven gallons of soft water add one gallon of molasses, used in this proportion to fill up barrel; this mixture will become good vinegar in about three weeks. If the barrels stand on end there must be a hole made in the top protected with gauze to keep out insects; if standing on side, bung-hole must be kept open, and similarly protected.

Mixed Pickles.

Three hundred small cucumbers, four large green peppers, sliced fine, two large heads of cauliflower broken in small pieces, three heads of white cabbage shredded fine (the cabbage can be left out if you wish), two quarts small onions, one quart or more of small string beans cut in small pieces, one quart of small green tomatoes sliced. Put this all in a pretty strong brine twenty-four hours. Drain three hours, then sprinkle in one-quarter pound black and one-quarter pound of white mustard seed, one tablespoonful of black ground pepper. Let the whole come to a boil in just enough vinegar to cover, with a little alum put in. Drain, and when cold mix a pint of ground mustard as for table use, and put in, cover the whole with good cider vinegar.

Pickled Grapes.

Take firm, ripe grapes, pack closely in a jar with grape leaves between the layers, if you can get them. To four quarts vinegar, add two pints white sugar, one ounce cinnamon, one-half ounce cassia, one-half ounce of cloves. Boil vinegar and spices well together, let stand till cold, and pour over the grapes.

Sweet Pickle for All Fruits.

To every quart of fruit allow one cup of white sugar and a large pint of good cider vinegar, adding half an ounce of stick cinnamon, one tablespoonful of whole cloves, and one tablespoonful of whole allspice; let it come to a boil, and pour it hot over the fruit; repeat this two or three mornings in succession, then seal hot in glass jars if you wish to keep it for a long time. The fruit (not the liquor) is to be eaten and used the same as any pickle. Some confound this with "spiced fruit," which is not treated the same; one being a pickle, the other a spiced preserve boiled down thick. Damson plums should be pricked with a needle, and peaches washed in a weak lye and then rubbed with a coarse cloth to remove the fur.

PICKLING ALL KINDS OF FRUITS.

Pickled Plums.

Seven pounds of plums, each pricked several times with a fork; prepare spices same as for pears, and put in the kettle one pint vinegar, heat slowly to the boiling point, add three pounds of sugar, and when boiling hot pour upon the plums. Repeat this for two successive mornings; the last day put in the plums and boil until tender.

Pickled Pears.

Pare, halve and core the pears; take seven pounds of fruit thus prepared; sew two tablespoonfuls of powdered cinnamon, one tablespoonful of cloves, one tablespoonful of allspice, and a little mace in a loose muslin bag; put it in a kettle with one quart of vinegar, heat it slowly to a boiling point, then remove the spice-bag, add one and one-half pounds of sugar, and when boiling hot put in one-half of the pears and the spice-bag. Boil until the fruit is tender, not soft, skim out, and add the remainder of the pears, keep in a stone jar, and paste paper or cloth over the top of jar, or tie three folds of cotton batting over mouth of jar.

Pickled Peaches.

Stick two cloves and two pieces of cinnamon in each peach, then weigh the peaches, allowing one-half a pound of sugar to each pound of peaches; put the sugar in enough vinegar to dissolve it, then pack the peaches in a crock, pour the vinegar and sugar over them, and let them boil, setting the crock in water, until soft. As soon as they are cold put a cloth over the top of them, set them away with cover on, and in a few days they will be ready for the table.

Spanish Pickles.

Slice one peck of green tomatoes, break in small parts four cauliflowers, one peck of small onions, one peck small cucumbers, each to lay separately for twenty-four hours in weak solution of salt and water; then let them drain thoroughly, and put them in stewpan in layers, sprinkling through them one ounce of ground cloves, one ounce ground cinnamon, and one pound of white mustard seed; cover with vinegar, and boil until they are tender; then skim all out into jars, and cook the remainder of the pickles in the same vinegar; when all is cooked throw out the old vinegar, and take two gallons of cider vinegar, let it come to a boil, and stir in one pound of ground mustard, one pound of C sugar, one-half cup of flour, having first dissolved this in a little vinegar, and stir it in slowly while the vinegar is boiling, and while hot pour it over the pickles and stir thoroughly.

Pickled Walnuts.

Take white walnuts, fresh and tender, put them in salt and water for three days; then put in the sun until they turn black; use the proportion of one-half pound of mustard seed, two ounces pepper, one-half ounce mace, one-half ounce nutmeg and a good stalk of horse-radish, and boil in four quarts of vinegar; cover the walnuts closely, and let them remain three or four weeks; pour off the liquid for catsup, if desired, and bottle it, covering the walnuts again with cold vinegar.

Cantaloupe Pickles.

Take seven pounds melons after they are peeled and cut in shape (they must be nearly ripe), and lay same in a weak brine over night; then put them in alum water made from one teaspoonful of alum to two quarts of water, and allow to boil about one-half hour; take out of water, put in another vessel, and pour over the melon, boiling hot, the following: Three pounds sugar, one quart vinegar, two ounces cinnamon bark, one ounce pounded mace, and one and a half ounce whole cloves, and allow to scald altogether about fifteen minutes on back of stove, then seal in jars.

Pickled Strawberries and Red Raspberries.

Ten pounds of berries, four pounds of sugar, one pint vinegar, one-half ounce whole cloves, one ounce stick cinnamon; heat the vinegar, sugar and spices in a preserving kettle, add the berries, simmer thirty minutes, put into jars and seal.

Pickled Blackberries and Huckleberries.

Ten pounds of berries, four pounds of sugar, one pint vinegar, one-half ounce cloves, one-half ounce cinnamon; heat the vinegar, sugar and spices in a preserving-kettle, add the berries, let boil gently for fifteen minutes, pour into jars and seal.

Pickled Limes or Lemons.

Six lemons put into brine that will bear an egg, let remain six days, stirring every day; then boil fifteen minutes in two quarts of water, boiling when put in; remove and put into a cloth till cold, boil up sufficient vinegar to cover the lemons, allowing to each quart two teaspoonfuls scant cloves, two teaspoonfuls white pepper, one teaspoonful mace, one tablespoonful of bruised ginger, one tablespoonful of mustard seed, a few scrapings of horse-radish root, and a clove of garlic; pour over boiling hot, tie down securely; they will not be ready for use for nearly a year.

How to Absorb and Purify the Damp Air in Cellars or Closets so Fruits, Vegetables and Meats will not be Affected.

Take four one-gallon crocks and place one in each corner of the cellar, fill each crock about three-quarters full chloride of lime; this will absorb the moisture and purify the air. In large closets one crock will be sufficient; change lime every six weeks.

Caution in the Preparation of Catsups, Pickles and Other Vegetables.

In preparing catsups, pickles, etc., vessels of glass, earthenware or stoneware only should be used, as salt, vegetables, juices and vinegar rapidly corrode in copper and render the results poisonous. Nothing in the shape of copper, lead or pewter should be allowed to come in contact at any time—even a plated copper spoon left in a bottle of catsup or pickles will in time render its contents poisonous, resulting in attacks of colic, diarrhœa and vomiting.

To Prevent Fermentation.

The following is a reliable formula for preventing tomatoes, corn, vegetables, catsup, mince meat, chili sauce and other vegetable compounds; also syrups, cordials, spiced fruits and other fruit compounds from fermenting: Take five grains of salicylic acid and dissolve into one dessertspoonful of pure alcohol for each one quart of the above. Put this solution in just after taking any of the above mentioned vegetables, syrups or compounds while hot from the stove, preparatory to filling into your jars or bottles (pouring the solution in while your syrups or compounds are hot evaporates the alcohol and leaves no taste), seal jars or bottles air-tight, and keep in a dark, dry place; temperature should be from forty to seventy degrees; one dessertspoonful is equal to two teaspoonfuls.

FRUIT JUICES AND BEVERAGES.

One of the most important duties, and one which should not be neglected by any housekeeper, is the putting up a full stock of unfermented drinks made from the juices of fruits. Physicians have recognized their value for medicinal purposes, and prescribe them to the sick and convalescent, as they combine nutriment with digestibility, and are very appetizing.

All kinds of berries are especially desirable, and in the preparation of same, select only choice fruit in prime condition.

The best method is to mash your fruit or berries in a vessel; place vessel into another deep vessel containing hot water, allowing the water to come up to about one inch from top of vessel containing the fruit, and allow it to remain until fruit is thoroughly scalded (not boiling); strain through a jelly bag or piece of cheese cloth, and allow it to strain all it will, without squeezing, into a vessel; it will take quite a long time; then take the vessel, set on hot stove, allow juice to come to a boil, skim off the impurities and allow to boil for ten or fifteen minutes longer, putting in the china marbles as described in jellies, which will keep the juice from burning; then strain into your hot fruit jars or bottles and seal air-tight. You can do without sugar, but it is best to use some, and add the sugar hot and prepared in oven as described in jellies. The most popular formula is one-half pound of sugar to each one quart of syrup; less can be used with good results.

To Filter Water, Syrup or Fruit Juices.

Procure from your druggist filtering paper; the paper is folded in funnel shape and laid inside of a funnel, which is placed in neck of bottle or mouth of jar, and the liquids allowed to filter through paper. I find for filtering syrup a clean piece of thin chamois is excellent. The chamois must be washed in borax water each time it is used, then thoroughly rinsed in fresh water.

Raspberry Vinegar.

Cover any quantity of raspberries with vinegar and let them stand over night; then squeeze them through cheese cloth, add one pint of sugar to one pint of the juice and boil well; skim clean and seal air-tight in jars or bottles.

To Make Fruit Syrup and Keep it for an Indefinite Time.

Prepare the juice from any kind of berries or fruits as directed in making unfermented wines, and after the syrup has come to a boil add one pound of sugar to each quart of juice; allow to boil slowly on back of stove for about fifteen minutes and seal in jars or bottles air-tight. In using for drinks add one-third of this juice to two-thirds ice water, or the juice is very nice to flavor puddings and sauces.

Lemon Syrup.

Grate only the yellow part of four lemon rinds, mix that with three-quarters of a pound of granulated sugar and add a little over a pint of water; allow it to boil until it thickens, strain and add the juice of the four lemons, being careful not to add the pulp or seeds; allow this to boil ten or twelve minutes and seal air-tight.

To Make Lemonade.

To each tumbler or cup add one-third full of the lemon juice and fill up with ice water; sweeten to taste.

Another Recipe for Preparing Lemon Syrup.

To each quart of pure lemon juice add two pounds of granulated sugar; allow come to a boil, skim clean, boil ten minutes longer, and seal air-tight.

Orange Syrup.

Select juicy oranges in prime condition, and dissolve to each quart of juice two pounds of sugar, the juice of two good sized lemons; allow this to boil for twelve or fifteen minutes, skim clean, filter through filtering paper in funnel placed in your bottles or fruit jars, and seal air-tight.

Blackberry Cordial.

To one quart of blackberry juice add one pound of granulated sugar, one tablespoonful each of cloves, allspice, cinnamon and nutmeg; boil all together fifteen minutes; remove vessel from stove, add in one wineglassful of brandy, whiskey or rum; bottle while hot and seal jars air-tight; use only one of the liquors mentioned and see that it is of the best quality.

To Make Unfermented Wine.

Select grapes in prime condition picked fresh from the vines, or those that have been picked within twenty-four hours. Wash well after taking them from stem; then to every six pounds of grapes use a little over a pint of water, put this in porcelain or agate vessel on top of hot stove, allow to come to a boil, skim off the impurities, use the marbles, set vessel back and allow it tc boil slowly for twelve or fifteen minutes longer; be careful to skim syrup clean; remove the seeds and skins from juice and allow them to drain all they will, and filter the juice separately as described. Then allow the juice again to come to a boiling point, add in your hot sugar, about a cupful granulated sugar to each quart of juice, and seal in bottles or fruit cans air-tight. Keep in a cool, dark place.

Raspberry Shrub.

Put one quart of vinegar to three quarts of ripe raspberries; after standing a day, strain, adding to each pint one pound of sugar; boil about one-half hour, skim until clear while boiling; one wineglass of brandy to each pint of the shrub. When cold, two spoonfuls of this mixture with a tumbler of water is an excellent drink.

To Make Grape Wine.

One gallon of grapes from the stems, one gallon of water, three pounds of sugar to each gallon. Mash the grapes and then put on the water, and let them stand three days, being stirred well and mashed each day. Then strain and pour on the sugar, and let it stand over night. Then skim off and put into a barrel, and skim every day until fermentation ceases. Then bung tight until ready for use.

Elderberry Wine.

Seven pounds of berries, two gallons of warm water, seven pounds of sugar to every two gallons of the mixture, and prepare the same as in formula for grape wine.

Mead.

Three pounds of brown sugar, six gills of molasses, three pints of water, or, if to be had, the same quantity of a decoction of sarsaparilla, four ounces of tartaric acid. Pour one-half of a pint of the water, or of the decoction, boiling hot on the acid, and the remainder on the sugar and molasses. Heat gently, and skim when cool. Add the acid, and bottle. To each bottle add one teaspoonful of the essence of sassafras, or any pleasant essence you please.

HOW TO USE.—Pour two tablespoonfuls into a tumbler, add one-third or half of a tumbler of cold water, then add one-third of a teaspoonful of soda, stir and drink.

Spruce Beer.

Two gallons of water, one pint of molasses, one teacupful of yeast; about an ounce of the essence of spruce. Let it stand in the sun half a day. Then bottle.

To Make Cordial and Wine from Orange Juice.

A sweet, pleasant cordial may be made from the juice of the sour orange. The usual formula is to add three gallons of water to one of juice of sour oranges, and then three pounds of white sugar to each gallon. After fermentation, bottle and use after a few months. A formula for converting the juice of the sweet orange into wine, which is said to be worthy of the name, is as follows: Take of sweet orange juice and water equal parts, and add three pounds of pure sugar to each gallon, in a tight, full barrel, with a bent tube from a bunghole to a vessel of water. When the gas-bubbles cease to show in the water, the barrel must be closed and put away for several months, when the liquor can be drawn off, bottled and corked tight. The bottles must be kept in a cool place till wanted for use.

How to Make Unfermented Drinks.

There is a method of preserving the juice of fruits for use as an unfermented beverage, which applies to most fruits, especially the orange. The juice is pressed out of the fruit before cooking. To one quart of juice is added one pint of water and a half pint of sugar; if very sour add a little more sugar. The juice is then bottled hot, corked tight and sealed.

Pineapple Cider.

To each pineapple rind, chopped in small pieces, add two quarts of cold water and allow to stand until it ferments, which will take about three days in warm weather; strain off the water, add about one-third pound sugar to each quart of liquid, then bottle, fasten the corks down with wire or string, allow bottles to remain lying on their sides for three days, and then it will be ready to serve.

Pineapple Rum.

Select a ripe pineapple, slice it, put in glass jar and pour over the best rum so it will be completely covered, seal jars and allow it to remain three days. Have a syrup in readiness made from one and one-quarter pounds of sugar to one pint of water. Boil syrup until it is clear and strain it through cheese cloth, and allow it to cool. Now strain the liquor from the pineapple, pressing the fruit so as to extract all the juice, then mix the juice, liquor and syrup together, adding a half pint of lemon juice to same, and also about one quart more rum, and bottle for use. Use one-third of this concoction to two-thirds iced water for summer drink.

Mulled Cider.

To every quart of cider add a handful of cloves, and allow it to come to a boil. Then beat six eggs and add sugar sufficient to make very sweet; when they are beaten very light pour the boiling cider over the eggs and stir well by pouring this from one vessel to another until frothy, and serve while warm.

Grape Cordial.

To the juice of four pounds of grapes add six tablespoonfuls of sugar and two coffee cups of cold water. Ice same and you will find this a delicious drink.

A Healthy Summer Drink to Satisfy Thirst.

To each pint of cold water mix one-half cup of good vinegar, two teaspoonfuls of ginger, and six teaspoonfuls of granulated sugar and keep covered in cool place.

Raspberry Nectar.

Pour over two quarts of ripe raspberries one quart of vinegar. Let stand until the fruit ferments, strain, and to every pint of juice, add three-quarters pound of granulated sugar; allow to simmer on back of stove twenty minutes and bottle while hot and seal air-tight.

Mixed Fruit Syrups.

Mix cherries and strawberries or raspberries and cherries or currants and raspberries, and take out the juice as described in preparing fruit juices. Add the proper proportions of sugar, boil specified time and seal.

Pineapple Syrup.

Cut the pineapple in small pieces and to each three pounds add one quart of water, boil until very soft. Mash and filter in another vessel and to each pint of syrup add from three-quarters to one pound of granulated sugar. Boil to a rich syrup, bottle and seal air-tight.

Blackberry Syrup.

Select fresh, ripe blackberries and crush them; and to each pint of berries add four ounces of boiling water; let them stand twenty-four hours, stirring frequently. Then strain the juice and to each quart of juice add one-half pound of granulated sugar; boil slowly for about fifteen minutes, bottle while hot and seal air-tight. Syrup from other berries can be prepared in the same manner, adding one-quarter pound more sugar to the above proportions for the acid fruits. When serving, add to each tumbler one-third of this juice and two-thirds iced water.

Ginger Nectar.

To five gallons of water dissolve eight pounds of granulated sugar, the whites of three eggs well beaten and strained, mix all together and allow come to a boil. Skim clean, then put in one-quarter pound of ginger and boil twenty minutes. When cool put in the juice and yellow of two large-sized lemons, also one tablespoonful of good yeast, stir well together, bottle and seal air-tight.

Pineapple Lemonade.

Boil slowly, two pounds of sugar to one quart of cold water until it forms a thin syrup; skim clean. When the syrup is boiled to the proper consistency, add the juice of six large lemons, no seeds, add this syrup over the pineapple, prepared as follows: take two nice pineapples, cut out the eyes and grate them into a bowl, allow to stand for three hours, then add two quarts of ice water, mix well, strain it through cheese cloth, and it is ready to serve.

Currant Water.

Pick over a pint of raspberries, and strip a quart of currants from the stems; bruise the fruit in a preserving kettle with a wooden spoon, pour over it two quarts of cold water, add half a pound of sugar, and set the kettle over a moderate fire where its contents will heat gradually; after the currant water begins to boil, remove the kettle from the fire, pour its entire contents into a flannel jelly bag, and let the currant water drain through the bag. When it is quite clear, cool it and ice it; add sugar to taste, and use it cold as a summer or temperance drink.

Currant Shrub.

To each quart of currant juice prepared as directed in fruit juices, add about three-quarters of a pound of sugar, stirring the sugar until well dissolved. Allow it to cool, and when nearly cold, add nearly two quarts of good rum. Filter into bottles and seal air-tight.

To Boil Cider.

Take the fresh, sweet cider and boil it until it is nearly reduced one-quarter of its original quantity, skimming clean as scum rises; allow it to cool. Bottle and seal air-tight.

I find that using three grains salicylic acid to each quart will keep it from souring.

To Prevent Cider and Other Liquids from Souring and Fermenting.

Cleanse your casks with hot water; then bore a hole one-half an inch in diameter about an inch from top of barrel; in this hole fix a tin tube air-tight, allowing it to project out about three inches, and to this tube attach a rubber tube, air-tight, making the rubber tube long enough to fall into a basin of water placed on the outside at bottom of barrel; pour in your liquid until about three-fourths full, and every day, especially if the cider or vinegar is new, pour in an extra gallon of same for two or three days, until liquids have quit fermenting; then make casks air-tight, leaving the tube in the water as long as the liquid is in the barrel, changing water every two weeks. Before drawing liquid, bore a small hole in top of barrel. When barrel is dry, before putting in liquids, fumigate barrel with vapor of brimstone for about ten minutes.

I find that adding to each quart of cider three to four grains of salicylic acid dissolved in a dessertspoonful of alcohol, or to one barrel of forty-five gallons, two ounces of salicylic acid dissolved into one pint of alcohol, will keep it for a long time. Adding raisins in cider helps to keep it sweet and gives it a nice flavor.

Roman Punch.

Mix in a large tumbler one tablespoonful each of sugar and raspberry syrup, the juice of half a lemon, one teaspoonful of curaçoa, a wineglassful of Jamaica rum, and half a wineglassful of brandy. Fill the glass with shaved ice; put a teaspoonful of port wine on the top, and whatever berries or fruit are in season, and drink the punch through a straw.

Punch à la Romaine.

This beverage requires to be partly frozen in an ice pail or an ice cream freezer. Mix two pounds of powdered sugar in the juice of a dozen lemons; add the thin yellow rind and the juice of two oranges, and stir until the sugar is dissolved; then strain the syrup thus made, and mix with it the whites of a dozen eggs beaten to a stiff froth; freeze this mixture nearly solid; then quickly stir into it one bottle each of champagne and Jamaica rum, and serve the punch at once in small goblets or champagne glasses. The freezing mixture is composed of equal parts of salt and pounded ice packed around the vessel containing the Roman punch.

Milk Punch.

Two tablespoonfuls of water, one tablespoonful of sugar, one wineglassful of brandy, one-half wineglassful of Jamaica rum. Put the above in a large tumbler, shave ice and fill tumbler half full, fill up with cold milk and grate some nutmeg on the surface of milk.

Egg Nogg.

The yolk of one egg, well beaten, one tablespoonful of water, one tablespoonful of sugar; stir all together until sugar is well dissolved, then mix in one-half wineglassful of Jamaica rum, one wineglassful of brandy, one-third of a glass of milk, beat the white of the egg until it comes to a stiff froth, put it on the egg nog and serve.

Pineapple Brandy.

Pare a large, ripe pineapple, saving the rind to make pineapple cider, and slice it about a quarter of an inch thick; then weigh it, and use an equal weight of powdered sugar; put the fruit and sugar in layers in a large glass jar, with sugar at the bottom and top; pour into the jar enough of the best brandy to stand an inch above the pineapple; then close the jar perfectly air-tight, and keep it in a cool, dry, dark closet for a month or longer.

Use the fruit for the table; and the brandy, mixed with soda water or seltzer, for a drink in hot weather.

Currant Shrub.

Strip two quarts of ripe currants from the stems, put them into a glass jar, set it in a pan of cold water, and place the pan on the stove where the water will heat gradually; let it stand there for an hour or more, until the currants yield their juice freely;

then strain the juice, and measure it; to each pint add six ounces of sugar, stirring the sugar into the cold water, and boil it until it becomes a syrup of medium consistency, removing all scum as it rises. Mix this syrup with the fruit and brandy, pour the mixture into a jelly bag, and let it run through slowly; then bottle it, and cork the bottles, and keep them in a cool, dark closet for two weeks longer. At the end of two weeks, filter it again, carefully pouring it from the bottles to avoid disturbing the sediment, and when the liquor is quite clear and bright, bottle it for use.

Cider Cup.

Mix together in a large glass jug, or a claret cup, the following ingredients: one quart of cider, two wineglasses of sherry and one of brandy, the thinly cut yellow rind of two lemons, one orange sliced, and, in season, six thin slices of cucumber. Fill the cup with finely pounded or shaved ice, sweeten it palatably, and serve it before the ice entirely melts; a glass of curaçoa and a little grated nutmeg may be added if desired.

Claret Cup.

Mix together in a claret cup one bottle of claret, one wineglassful of brandy, the yellow rind of a lemon cut very thin, a sprig of mint, and three slices of cucumber if it is in season, sugar enough to make the cup palatable, plenty of fine ice, and, last of all, two bottles of seltzer water or plain soda. Serve the claret cup as soon as it is made.

Mint Julep.

Use for an ordinary tumbler half a dozen sprigs of fresh mint; bruise the tops a little in the glass with one tablespoonful of sugar and two of water, using a teaspoon; then pour in a wineglass and a half of brandy ; take out the mint, fill the glass with shaved ice, and put the mint in again with the stems down. On the top of the julep arrange fresh berries or fruits and serve.

Egg Flip.

The yolks of four eggs, four tablespoonfuls sugar, the whites of four eggs, one quart of fresh ale ; beat the yolk of the eggs and sugar together until it is like a cream, then add the ale scalding hot, stirring constantly, quickly whip in the whites of the eggs until flip is smooth, and serve same ; don't have the ale boiling, or it will cook the egg—when it comes to a simmer is about right.

Hot Apple Toddy.

This favorite winter drink is made as follows : Take the pulp from a hot baked apple of medium size, using a teaspoon to free it from skin and core ; put into a tumbler with an equal measure of apple-jack, a pleasant addition of sugar and grated nutmeg, and a little boiling water. A usual proportion for a single toddy is one finger of baked apple, two each of apple-jack and boiling water, a tablespoonful of sugar, and a grate of nutmeg on the top.

Mulled Wine.

Put a pint of wine over the fire to heat with a pint of water ; meantime, beat three eggs with three tablespoonfuls of sugar ; when the wine is hot, but not boiling, pour it into the eggs, beating the mixture constantly ; if the wine is too hot, it will curdle or cook the eggs ; sweeten the mulled wine to taste, grate a little nutmeg on it, add a little allspice, and serve it hot.

Cream Soda.

Two ounces tartaric acid, two pounds white sugar, juice of one lemon, three pints water, boil together five minutes ; when nearly cold add, after beating together the whites of three eggs, one-half cup of flour and one-half ounce of essence of wintergreen, some other essence may be used if preferred; after being well mixed, bottle and keep in a cool place. For a drink of this take two tablespoonfuls of the syrup to one tumbler of water and add one-half teaspoonful soda; drink quickly.

Orange Syrup.

Take ripe fruit and thin skin, if you can get them, squeeze juice through a sieve, and add a pound of sugar to every pint of juice, boil slowly for ten minutes, skim carefully, bottle when cold; two or three spoonfuls of this in a glass of ice water is refreshing; it may also be used with melted butter for pudding sauce.

FRUITS AND HOW TO SERVE.

FRESH FRUITS.

While fruits contain from eighty to ninety per cent. of water and only a small proportion of the nutritious properties, yet there is nothing in the lists of foods that is more wholesome or more gratifying to the appetite, or that appeals more to our sense of beauty. As we have the advantage of procuring fresh fruits of some kind nearly all the year round, they should always appear on the daily bill of fare and should be eaten before meals, as they are more rapidly digested and aid in the digesting of other foods by stimulating the flow of the digestive juices.

Physicians recommend the eating of fruits especially in warm weather instead of meats, as they assist in cooling the blood while meat heats the blood. Fruits combined with vegetables, bread and cereal foods are recommended highly by the leading scientists, and are especially recommended for rheumatism, gout, liver and kidney trouble, and other blood affections.

Fruits should be served in their prime condition ; green or over-ripe fruits are unwholesome, as they contain from eighty to ninety per cent. of water, and this is liable to ferment and decompose in the digestive tract. Fruits that are commencing to decay should not be eaten raw, but should be well cooked to destroy the germ which is the cause of putrefaction or decay. Fruits should not stand in a warm room too long. It is best after serving to replace them in the refrigerator or storeroom. This will arrest decay and keep the fruit much longer. All fruits should be thoroughly cleansed before serving by placing same in a colander and allowing cold water to run over the fruits until perfectly clean.

The following table shows the component parts and nutritious properties of fruits:

	Water.	Albumen.	Sugar.	Free Acid.	Pectose.	Cellulose.	Mineral Matter.	Total Nutritive Value.
Apples	83.0	0.4	6.8	1.0	5.2	3.2	0.4	13.7
Pears	84.0	0.3	7.0	0.1	4.6	3.7	0.3	12.4
Peaches	85.0	0.5	1.8	0.7	8.0	3.4	0.6	13.9
			Glucose.	Tartaric.				
Grapes	80.0	0.7	13.0	0.8	3.1	2.0	0.4	18.2
Plums	82.0	0.2	3.6	0.5	5.7	...	0.6	10.8
Gooseberries	86.0	0.4	7.0	1.5	1.9	2.7	0.5	10.8
Strawberries	87.6	0.5	4.5	1.3	0.1	...	0.6	10.1
Raspberries	86.+	0.5	4.7	1.3	1.7	...	0.4	6.9
Currants	85.2	0.4	6.4	1.8	0.2	...	0.5	10.7
Blackberries	86.4	0.5	4.4	1.1	1.4	...	0.4	8.1
Cherries	75.0	0.9	13.1	0.3	2.2	...	0.6	14.8
Apricots	85.0	0.08	1.0	...	5.9	...	0.8	13.5
Prunes	86.0	0.08	6 to 8	0.08	4.8	5.4	0.6	13.4
				Fat.				
Bananas	73.9	4.8	19.7*	0.6	...	0.2	0.8	26.7

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* Sugar and pectose.

Pineapples.

This is an excellent dessert, and considered wholesome. It is best served by the West Indian method, as the flavor and juices are preserved better; and, as the beauty of the fruit is in its shape and color, this is entirely lost if cut up. Cut the pineapple from the crown to the base in wedge-shaped slices, the middle being left just entire enough to hold the slices in place until they are needed for serving; they can then be easily dislodged with a thin, sharp knife and fork, or another way is to cut the pineapple in horizontal slices with a very sharp knife; the slices are to be kept together, and the crown to be left on the fruit and then placed in the center of a dish of assorted fruits.

How to Make Tuita Fruita, or the Art of Preserving All Fruits as They Come in Their Season.

Take one gallon crock, or one gallon stone jar, first put in one pint of the best alcohol, then one cup of sugar (granulated), then one cup of fruit, and then one cup of sugar, and continue to do this in this way until you are finished; but you use only one pint of alcohol for the gallon crock and this you place in at first.

List of fruits in their order to be preserved: Strawberries, red raspberries, blackberries, bananas and oranges, cherries, plums, apricots, pineapples, peaches and pears; always keep the jar or crock covered, and when you have completed work, put a piece of brandied paper on top and cover crock securely.

Iced Raspberries for Dessert.

Choose large, sound raspberries, remove the hulls, and examine the berries carefully to make sure they contain no insects; beat together the white of an egg and two tablespoonfuls of cold water; dip the berries singly in the beaten egg and water, roll them at once in powdered sugar, and lay them apart from each other on sheets of white letter paper until they are quite dry; they may dry slowly, so that it is best to allow five or six hours; when they are dry, keep them in a cool, dry place until dinner-time, and then serve them for dessert.

Strawberries with Whipped Cream.

After hulling the berries, put them into a glass or china dish in layers with powdered sugar, and place the dish in a cool place. Mix together one pint of cream, the whites of three eggs, a quarter of a pound of powdered sugar, and whip the mixture for one minute; then let it rest for a while, skim off the froth, and put it in a colander set in a bowl; again whip and skim the cream, and so proceed until all the cream is whipped, occasionally turning back into the whipping bowl the cream which drains from the colander; keep the whipped cream very cold, and just before serving the strawberries lay it over them in a light mass.

Grape-Fruit for Breakfast.

The Florida grape-fruit makes a most refreshing dish for breakfast. It is a clear-skinned, lemon-colored fruit, three or four times as large as an orange, otherwise closely resembling that fruit. Its flavor is sub-acid, but its juicy pulp is enclosed in a tough white inner membrane of intensely bitter taste; when this membrane is carefully removed, the fruit is a delicious tonic. To prepare grape-fruit for the table, cut the skin in strips, and peel it off; separate the sections of the fruit like an orange, and, holding each section by the ends, break it open, disclosing the pulp; tear the pulp in rather small pieces out of its bitter white envelope, carefully removing every trace of the latter, put the pulp into a deep dish, with sufficient white sugar to suit the taste, and allow to stand in a cool place.

Peaches and Oranges.

Select the best brand of canned peaches, drain off the syrup from peaches, dissolve into the syrup drained all the sugar that it will dissolve, then peel for each can of peaches six or seven nice oranges, slice them, removing the seeds; put the sliced oranges and peaches in layers on a dish and dust with powdered sugar, pour the syrup over them and serve.

Currants and Raspberries.

Currants and raspberries served together, using half and half, make an excellent dish. Large red currants may be served on the stem, and when it is possible to get both red and white they make a most attractive dish.

Melons.

Watermelons should be served very cold; instead of cutting through the center into even halves, the melon may be cut in points back and forth around the entire circumference, so that when separated each half will appear like a crown. The cantaloupe should be thoroughly washed and wiped and laid on ice till serving time. Do not cool the melon by placing ice upon the flesh, as the moisture injures the flavor.

Plums and Grapes.

Decorate the edge of fruit dish with grape leaves or leaves from foliage plants, and fill dish with plums and bunches of grapes; grapes should always be washed before serving. Drop the branches into ice water and let remain ten or fifteen minutes.

Cherries.

Serve on stems, piled on a high dish with green leaves and vines mixed through them. Different colored cherries arranged in rows forming a pyramid make a handsome dish.

Apples.

An exceedingly ornamental dish can be made by using carrot or celery tops. Pile the apples on the fruit basket with sprigs of the green here and there. Oranges and apples arranged in this way have a very pleasing effect.

Gooseberries.

Drop them into cold water a few moments, drain, put them in a glass dish, serve with stem on; when fresh and ripe the gooseberry is one of the most delicious of small fruit.

Oranges.

Serve whole or cut the skin in eighths half way down, separating it from the fruit and turning it inward, showing half the orange white and the other half yellow; or cut the skin into eighths two-thirds down, and after loosening from the fruit, leave them spread open like the petals of a lily. Arranged in a fruit dish in this manner, with the feathery tops of carrots or celery here and there through them, makes a highly ornamental center piece.

Peaches and Pears.

Select nice large peaches and rub the fur from them with a rough towel; decorate the edge of fruit dish with foliage leaves, the same tint as the fruit; arrange the fruit with sprays of the plant here and there. Yellow pears and rosy cheeked peaches arranged in this way are the most ornamental.

Raisins.

The London layers are the finest brand for the table.

Peaches and Cream.

Pare the peaches as late as possible, as by standing they become discolored ; if sugar is to be used do not add it until time for serving, as it starts the juice and turns the fruit brown ; each person should be allowed to add the cream to his own dish, as it quickly curdles and renders the whole dish unsightly.

Oranges.

Cut the peel in quarters from the stem half way downward ; turn it outward leaving the white orange in a little cap, from which it is easily taken. A fruit dish of oranges prepared in this way makes an exceedingly pretty center piece.

La Composite.

Bananas peeled and sliced thin sprinkled with sugar, with alternate layers of orange peeled and sliced thin with sugar ; set on ice before using.

Bananas.

Bananas may be served sliced or whole by pouring sweetened cream over them.

Iced Currants.

Dip whole stems of currants into beaten whites of eggs, sift powered sugar over them; set near the stove to harden. Cherries can be done the same way.

Frosted Fruits.

Have in one dish some whites of eggs well beaten, and in another some powdered sugar; take cherries, grapes, plums or apricots, and roll each one singly first in the egg, then in the sugar; lay them on a sheet of white paper in a pan or tin dish, and set near the fire until the icing hardens.

Ambrosia.

A layer of peeled and sliced oranges alternated with peeled and sliced pineapple; sprinkle each layer with sugar and grated cocoanut.

Peaches.

Just before serving, pare, cut in halves with a silver knife, and remove the pits; sprinkle with powered sugar; ornament the edges of the dish with peach leaves; serve in sauce dishes.

Melons.

Melons may be used as the first course for breakfast dish, or for dessert at dinner. Do not serve melon with fruit.

Pressed Figs.

Select perfectly good figs, look over carefully; they may be served dry mixed with bunches of raisins, or they may be steamed over a kettle of water. For breakfast steamed figs are excellent; steamed raisins are also far superior to the dried ones.

Pineapple.

Pare the pineapple, have the eyes and the fibrous center taken out, slice in large pieces and pile upon a plate. No condiments are necessary; sugar even changes the delicate flavor, but the pineapples usually found in the North are so tart that they require a light sprinkling of sugar to suit most tastes. Pineapple cut in small pieces and lightly sprinkled with sugar just before serving makes a delicious dish.

Berries.

Raspberries, blackberries, dewberries, blueberries and whortleberries require careful looking over; serve with sugar and cream. If necessary to wash strawberries put a few in the water at a time, push them down under the water until they are clean, remove from the water, hull them and use at once; serve with sugar. If cream is used allow each person to add it to his own dish, as it quickly curdles, and if allowed to stand will impair the flavor of the fruit.

Iced Pineapple.

Select nice fruit, remove the outer shell and eyes. Hold the pineapple by the crown and grate it into a dish; then remove the pineapple into a glass dish, sprinkle a little powdered sugar on same, pour a glass of sherry on it and stand in the refrigerator for two hours and serve cold.

Iced Strawberries.

Hull the berries, allow the water to run over them in a colander, place them in a deep fruit dish and pour over a wineglassful of wine or fruit juice for every two pounds of berries, place them in a refrigerator for one or two hours before serving.

Bananas and Oranges.

Take six bananas, slice them crosswise on a dish. Squeeze the juice of two oranges on them, sprinkle them with sugar, place in refrigerator until ready to serve; or you can mix slices of the oranges with the pineapple and serve with cream and sugar or whipped cream.

The French Method of Boiling Sugar and Making Syrups, to be Used for Candying and Glacéd Fruits of all Kinds; also Caramels and Nougat.

To every two pounds of granulated sugar add one pint of water; place on stove, having a good fire. Have a vessel handy containing two or three quarts of ice water, and when the sugar comes to a boil dip the fingers of the right hand into the water and quickly pass them all around the inside of the pan, but avoid touching the syrup; repeat this two or three times; this is very necessary so as to have the sugar in proper condition. Take care to dip the fingers into ice water each time; let the sugar come to a boil and squeeze in five or six drops of lemon juice. Then take a thin piece of wood, the shape and length of a pencil, dip the point into the ice water and then plunge it into the boiling sugar; remove it quickly, and dip it immediately into the water again. Lift it out again and see whether the sugar adhering to the wood be thoroughly hard; if not let it boil again and renew the test as before. To be positive that the sugar is perfectly done, place the point of the stick with sugar on between the teeth and bite it; if it cracks easily without sugar sticking to the teeth it is thoroughly done. Then remove vessel at once from fire and set in ice water so that water comes up about an inch around outside of vessel, to prevent sugar from turning brown if you do not use it at once.

The Method of Candying Fruits, Tomatoes and Nuts.

Make syrup as described in French method for boiling syrups. Then put fruit in this syrup and boil from five to ten minutes, according to fruit; then skim out the fruit, add a little more sugar, then boil down the syrup one-half, pour it over the fruit, and let all stand in a warm (not hot) oven till all the syrup is absorbed; turn the fruit occasionally. It generally takes from two to three days to absorb the syrup and to candy. Then pack away in layers, on waxed paper. It is best to do it in the evening, and leave the fruit to stand in a warm oven over night, repeating two or three nights till syrup is all absorbed; in the daytime keep it out of the oven in a place where the temperature is about seventy-five degrees. Large fruits and tomatoes generally take about three nights. Soft fruits boil five minutes, and hard fruits from ten to fifteen minutes after placing in boiling syrup; judge according to the fruit. When boiling the fruit for candying, do not have too hot a fire, so as not to break the fruit. Leave skin on tomatoes, berries and soft fruits; peaches, pears and hard fruits, skin may be taken off. When the fruit are candied, put them on layers of waxed paper, put in tin boxes, and keep in temperature of sixty-five degrees; in summer in a cool place. Always use the best granulated sugar. It generally takes about twenty minutes to bring the syrup to a proper boiling test. To remove skin from peaches or fruits with soft skin, take a little boiling water and soda, until strong and feels slippery, then drop in a few at a time, lift out with a skimmer, and wipe with coarse towel until the skin is off. The syrup that is left can be used for canning fruits.

Marron Glacé (Candied Chestnuts)

To candy chestnuts or other nuts, make a syrup as described in French method for boiling syrups. Drop in the nuts, boil three minutes and then use the same methods as in candying fruits.

To Crystallize any Fruit that will Keep its Form; also Nuts.

Make a syrup of one cup of sugar, four tablepoonfuls of water and two of vinegar; when it boils stir in a small pinch of soda; stir as little as possible, or the candy will not be clear; boil till it hairs, as described before. Separate the fruit from the stems; grapes, cherries, oranges (whose quarters have been separated about twenty-four hours beforehand, to become dry and hard), cutting out the seeds carefully, so the juice will not escape; citron cut in pretty forms; dip each fruit or piece of nut in the warm syrup, and lay it on waxed paper in a cool place to harden. If the first dipping is not successful go over the operation again, adding a little more water to the syrup, and when it stands the test, dip again. Syrup can be worked over twelve times in case of a failure of fruit crystallizing. Use granulated sugar. Don't stir syrup after it comes to a boil. If your syrup should candy, add a little more water and sugar, and just as it is coming to a boil drop in a pinch of cream of tartar to the quantity of syrup described; this will prevent it from candying. Use the same remedy in making candies.

N. B.—Six drops of lemon juice may be used instead of the cream of tartar.

COOKED FRUITS.

Boiled Apples.

Select nice whole apples, place in pan with enough water to cover them and boil until tender, but don't break them; add sugar to suit the taste and allow to boil until apples are thoroughly penetrated. Take apples from syrup, cook syrup until thick, and pour over apples. Do not peel the apples.

Boiled Spiced Apples.

Two dozen apples, wiped clean, two coffee cups sugar, one-half coffee cup vinegar, one dessertspoonful ground cinnamon. Place apples in kettle with water enough to cover them, then add the sugar, vinegar and spice, and allow to simmer slowly until soft.

Baked Apples.

Select nice tart apples, wipe clean, and bake in moderate oven until done; bake slowly. When desiring to serve with milk or cream use sweet apples.

Baked Sweet Apples.

Select nice sweet apples, wipe them well, fill a dish nearly to the top with the apples, first quartering and coring them, but do not pare them. Set the vessel into a kettle of water or steamer, and steam until nearly soft; then place the vessel containing the apples in oven, covering same with plate. Let them bake until the juice is nearly absorbed; take out and serve with milk, cream, or whipped cream.

Apples and Jelly.

Twelve apples, two pounds of granulated sugar, one quart of water. Pare, halve and core the apples and have them uniform size; dissolve the sugar in the water and allow it come to a boil, and when it boils add the rind and juice of two lemons and also add the apples. When they are tender take out the halves one by one, and put concave side uppermost in glass dish; drop a bit of jelly in each piece, then boil down the syrup, and when cool pour around the apples.

N. B.—Cook the apples slowly so they won't fall to pieces.

Apple Croûtes.

Peel and core some nice apples; then halve or quarter them; then take slices of stale bread, trim off the crusts, butter the bread and sprinkle over a little sugar; on each piece lay some of the apples flat side down; add a little more butter and sugar, and spice if desired. Bake in a slow oven and dust with sugar before serving.

Compôte of Apples.

Four quarts of small apples (golden pippins are the best); one pound of granulated sugar; put the apples in stone crock pared and cored, leave whole; cut the rinds of two fresh lemons, and add with apples; add the sugar over the top, put on cover and tie it down, and set in a slow oven for two or three hours; take out and it is ready to serve. The above can be served hot or cold; before serving dust it with a little powdered sugar.

Fried Apples.

Select nice apples, pare and core same, and cut them in thick slices. Put one-half cup drippings in frying pan when smoking hot; cover the bottom of pan with slices. Fry until brown on both sides; take out as soon as done and put in more. Keep apples hot and sprinkle sugar over them.

Raisins and Cranberries.

Two quarts cranberries, one pint raisins, two pounds of sugar, one quart of water. Cook in stone crock until the berries are well broken; don't allow to burn. Then pour in sauce dish to cool.

Stewed Prunes.

Wash the prunes until perfectly clean, then cover them with fresh water and set on back of stove to cook slowly for about three hours so they will just simmer. Thirty minutes before taking out add sugar to suit the taste.

Apples with Raisins.

Take a dozen sour apples, pare, core and quarter, thoroughly clean one-quarter as many raisins as apples, pour over the raisins one quart of boiling water, and let stew until they are well swollen, then add the apples and cook until tender; add sugar to suit the taste, but little will be needed unless the apples are very sour.

Baked Pears.

Take ripe pears, pare, cut in halves and pack in deep pudding dish in layers, sprinkle sugar upon each layer, add one cup of water, cover tightly, and bake three or four hours. When cold, serve with sweet cream.

Dried Apples.

Soak over night dried apples and stew with raisins or English currants; this makes a palatable dish.

Boiled Apples.

Take six tart apples, wash well, cut in halves and remove the cores; do not take the skins off. Cover with water and boil until tender; take out in a deep dish; to the juice add four slices of lemon, boil ten or fifteen minutes, sweeten to taste; pour over the apples; when cool they are ready for use.

Apples and Apricots.

Select nice tart apples, pare, core, and quarter; let them cook, with two halves of dried apricots to each apple; when well done, rub through a colander and sweeten. If you have no fresh apples, dried ones can be used.

Jellied Apples.

Select nice apples and to each pound of apples use one pound of granulated sugar, mix alternately in layers in a stone crock, put on cover and bake in a slow oven for three hours. It is best to make this a day before it is wanted.

Lemon Apple Sauce.

Three quarts of sour apples that have been pared and quartered; one lemon, using the juice and the thinly cut rind; three-quarters of a pound of sugar, granulated; one cup of water. Stew these together for about one-half hour; if apples are not juicy add more water; do not allow to cook quickly.

Jellied Cranberries.

Two cups cold water, two quarts cranberries, two pounds of sugar. Cook water and cranberries together in kettle ten minutes, then add the sugar and cook ten to fifteen minutes longer; pour into mold; when cold it will have jellied.

Cranberries.

In stewing one quart of berries to one pint of water, simmer gently until the skins have all burst, and the quantity is reduced to a pint; to remove the skins, put through a colander; when nearly cool, add two-thirds of a cup of sugar to the quart of berries.

Cranberries and Sweet Apples.

Stew together equal parts of cranberries and sweet apples, mash, rub through a colander to remove the skins; sugar to suit the taste can be used, but it makes a very palatable sauce without it.

Baked Peaches.

Pare, cut in halves, remove the stones, and place in layers in a shallow dish, put a little water over them, sprinkle lightly with sugar; cover and bake.

Oranges and Apples.

Select nice tart apples, use one-third as many sliced oranges from which the seeds have been removed, pare, core, and slice the apples in quarters, cook all together gently, so as to keep the form of both fruits until the apples are tender; add sugar to suit taste.

Stewed Crab Apples.

Wash, put in stew kettle with just a little water and stew until very soft. Rub through a colander to remove skins and seeds; sweeten to taste.

Stewed Prunes and Plums.

Two pounds prunes, one pound plums, one and one-quarter pound of sugar. Wash them clean, cover with fresh water and stew them for thirty minutes. Add the sugar a few minutes before they are done.

Stewed Dried Peaches.

Just put on enough water to cover and stew about thirty minutes; add the sugar to suit the taste while peaches are cooking.

Stewed Pears.

Select some fine Bartlett pears which are ripe, but have hardly begun to soften; remove the skins, cut in halves or quarters, and take out the seeds. Put loosely in a graniteware kettle, and add a pint of water for three and a half quarts of fruit. Cover closely, and when it begins to boil set it where it will just simmer until the top pieces are tender. Serve cold. Sugar will not be necessary if the fruit is of good quality.

Pippins and Quince.

Pare and quarter nice golden pippins, and cook in boiling water until reduced to a jelly. Add two or three quinces sliced, and simmer slowly in the jelly until the quince is tender. Add sugar to taste. Serve cold.

Citron Apples.

Take a few sour apples of uniform size, wash well and remove the cores; place in the cavity of each apple a few pieces of chopped citron, and then fill it up with sugar; put the apples on a flat graniteware or earthen dish, with a little water on the bottom. Place in the oven and bake until tender, but not till they have fallen to pieces; when cold serve in separate dishes with sweet or whipped cream on each apple. Unless the skins of the apples are tender, it is better to peel them, in that case, cover them while they are baking.

Apples Stewed Whole.

Wash carefully six large red apples, put them in stew pan and pour over boiling water enough to cover them, cover the pan, and cook slowly until the apples are soft. The skins will be broken; remove the apples, boil the juice to a syrup, sweeten and pour over the apples. If you use red apples the syrup will be a rich red color.

Lemon Apples.

Select sour apples of uniform size, remove the cores, and wash thoroughly, place in the cavity of each apple a mixture of grated lemon and sugar, over each apple squeeze a few drops of lemon juice. Bake until tender; when cold, serve with sweet or whipped cream.

Steamed Apples.

Select pound sweets of uniform size, wipe, cut out the blossom ends, and pack in a large pudding dish. Pour in a cupful of water, cover the dish closely, set in a moderate oven, and steam till the apples are tender. Remove from the dish, and pour the liquor over them frequently as they cool.

Compôte of Apples.

Select tart, juicy apples, pare, extract the cores, put them in a deep dish with just enough water to cover them, cover, place in the oven, and stew until they are tender. Remove the apples into a deep dish, with cover to keep them hot; measure the juice and pour it into a saucepan. Add a few pieces of lemon rind, and boil until thickened nearly to a jelly; heat some sugar, one tablespoonful to each cup of juice, and add to the juice when thickened; pour scalding hot over the apples and cover until cold.

Baked Apples.

Select tart apples, pare, halve, and remove the cores. Sprinkle half a cup of sugar in the bottom of a dish, lay the apples flat side down. Pour over a cupful of cold water, and bake until tender; let them stand until cold, take up the apples, and pour the juice over them.

Stewed Raisins.

Soak several hours in cold water a pint of good raisins, cook them in the same water in which they were soaked. Do not let them boil, but place them on back of stove and let them simmer until the skins are tender; three or four figs, chopped fine, cooked with the raisins, gives a richness to the juice.

Peaches, plums, berries, cherries, grapes, and all small fruit may be cooked for sauce, by stewing in a little water until done, and then add sugar to suit your taste.

Baked Bananas.

Select large red bananas, take the skin off from one section of the bananas, and loosen the skin from them; put a row in a dripping pan with the side up from which you took the peeling; sprinkle with sugar, bake half an hour in a quick oven.

Baked Pears.

Hard pears make an excellent dessert when baked. Pare, halve, remove seeds, and place in a shallow earthen dish, with a cup of water to each two quarts of fruit. If the pears are sour, a little sugar may be added. Bake, closely covered, in a moderate oven until tender. Serve with sugar and cream. Tart pears are the best for baking, as the sweet varieties are often tasteless.

Baked Quinces.

Pare and remove the cores; fill the cavities with sugar, put in a shallow earthen dish, and add water to cover the bottom; bake till soft, basting often with the syrup. If the syrup dries out before the fruit is perfectly tender, add a little more hot water.

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PREFACE.

In presenting this edition on "Cooking and Housekeeping Simplified" to the ladies of this country, I do so at the request of thousands of patrons who desired some practical formulas for American cookery in all its branches—formulas that would be simple and economical, and yet securing that excellence which the French and Italian *chefs* are noted for. There is no lack of cook books published in this country, and every paper of any circulation publishes recipes and various formulas bearing on this subject. But many, while they read very nicely in theory, are practically of no use, being the reverse of simple and too extravagant for the ordinary housekeeper to follow. The formulas given in this book have been selected for their simplicity and economy, and recommended by the leading French and American teachers and experts.

Many of these recipes have been purchased from some of the leading French *chefs*, others have been given the author by some of the leading teachers and experts on this subject, and many have been copied from the best writers on cookery. I have aimed above all to be clear and concise, and to give such simple methods that an inexperienced person or even a girl of fifteen years old can follow them. In conclusion, will say that any housekeeper who will follow the directions as given need have no fear of their practical results.

PLEASE READ CAREFULLY.

At the request of many of my patrons, I have procured at quite an expense, from some of the leading *chefs* of Europe and this country, formulas for making soups, the proper preparations of fish, meats, vegetables, garnitures, salads, sauces, icings and other fancy desserts. They are some of the favorite recipes of these eminent *chefs*, and were procured after a great deal of labor and expense, some of these having cost the author as much as one hundred francs (twenty-five dollars).

They were selected carefully, as the author's object was to publish only the most simple, practical, and those involving the least expense. But housekeepers must expect, in using formulas adopted from the French and Italian, that they will involve more expense and more labor than American cookery; but the results will amply repay them, as it has been conceded that the French and Italian *chefs* lead the world in their profession, some of them being paid as high as ten thousand dollars a year. I have also kept separate, in each classification, the French and Italian formulas, to avoid unnecessary criticism.

AUTHOR.

THE ART OF COOKING AND HOUSEKEEPING SIMPLIFIED

THE KITCHEN, PANTRY, AND CELLAR.

The Kitchen.

The fitting-up and care of the kitchen have been so often treated by writers upon domestic matters, that comparatively little space need be given to the subject here—only a few outlines, which every housekeeper can fill by the exercise of her own taste and judgment. If possible have the kitchen upon the level of the ground; or if it must be in the basement of a house, take care that plenty of light and air reach it. If daylight does not flood every corner of it, supply artificial light, even in the daytime; for no domestic operation requires more light than the treatment of food. Painting the woodwork and floor a light color is of use in this particular. In some of the modern houses where there are elevators, the kitchen and laundry are placed in the top story, greatly to the comfort of all the inmates of the house, who thus escape all the odors of cooking and washing.

Equally with light is cleanliness important in the kitchen. The walls of a kitchen should be of some hard finish, either paneled wood, tiles, or plastering which can be covered with whitewash or kalsomine coloring.

Any lime wash is desirable for the kitchen, because it tends to keep the air pure if frequently applied. The following will be found exellent: Half fill a large pail with quicklime; pour upon it one gallon of water and stir it until ebullition ceases; then stir in one pint of linseed oil, and add enough more cold water to make the wash of the consistency of thin paste. Copperas water used in place of cold water will make the wash disinfectant to a certain degree. The use of skim-milk instead of the first cold water will make a wash which will resist the action of water. Apply the wash with a broad, flat brush, moving it up and down the walls with even strokes. The so-called White House wash is made by slacking half a bushel of quicklime with boiling water, keeping it covered until ebullition ceases; meantime a peck of salt is dissolved in warm water, and three pounds of ground rice are made into a thin paste by boiling it with water; a pound of clean glue is dissolved in warm water at the same time, and half a pound of Spanish whiting is powdered; all these ingredients are mixed together with the addition of enough boiling water to make the mixture properly liquid, and it is then strained, cooled, and allowed to stand three days in a covered vessel. When the wash is required for use, it is heated in a double kettle, and applied hot with a flat brush. This wash resists the action of severe weather, and will serve in place of paint for walls, or wood or stonework. It may be used for the kitchen woodwork if desired.

If the kitchen is already painted, and only needs cleaning, use hot water and soap with a flannel rag. The addition of a handful of borax or four tablespoonfuls of liquid ammonia to a gallon of hot water will make a solution which will clean paint and glass quickly and well without soap. Wash oilcloths by first rubbing them over with a cloth wet in equal parts of milk and water, and then with another wet in warm water, and finally with a soft, dry cloth; wet only a small place at once, and never use a brush if it can be avoided. Keep oilcloths clean ordinarily by wiping them first with a damp cloth and then with a dry one; but do not apply soap, or use a harsh brush or a mop. When the paint has been scrubbed off oil-cloths, and their texture is still unbroken, they can be restored by having a coat of good oil paint laid over them about once a year. Some durable bright color is preferable; and the effect can be heightened by having a solid color for the center and a contrasting hue for the border. Rubbing with a few drops of ammonia on a damp cloth, and subsequent polishing with a dry cloth, will clean windows easily and well. Kitchen tables should be cleaned every day with hot water in which either borax or washing soda is dissolved. The sink should be flushed every day with boiling water, and a handful ot washing soda thrown upon the strainer over the drain-pipe before the greasy water is poured down it after a meal is over. If this point be attended to, and no scraps of refuse or grounds of tea or coffee are allowed to pass into the drain-pipe, housekeepers will escape that troublesome and expensive plumber's job of cutting out the drain-pipe. Every week in winter, and oftener in summer, a cupful of quicklime or chloride of lime, or a pailful of hot copperas water, should be thrown upon the drain. Copperas water is a valuable disinfectant, free from the objectionable odor and physical effect of lime; it is made by placing the copperas in the bottom of a barrel, and covering it with water; enough copperas should be used to be plainly seen always upon the bottom of the barrel. The water, heated and poured in drains, sinks, and water-closets by the pailful once or twice a week, will keep them entirely free from dangerous emanations: note this when there is a closet upon the lower floor, or near the kitchen.

After every meal the towels and dish-cloths should be washed in hot water with soap and a little borax, and they should then be well rinsed and dried in the sun or air before using them again.

If kitchen utensils are tarnished and discolored, put them into a large boiler containing hot water and a handful of washing soda, and let them boil for a few moments; then scour them with any of the good kitchen soaps made of fine white silicious matter. Very fine ashes, sand, or brick-dust sifted, will answer for scouring iron or copper. For tin and japanned or enameled ware, use powdered whiting, applying it with a wet cloth, and then polishing with a dry one or with chamois. Knives are cleaned with powdered Bath brick.

To clean the stove, first wash it with hot water and soda after it is cold, if it is greasy; and then blacken it with any good stove-polish, according to the directions accompanying the polish, and rub the steel fittings of the stove with emery-paper. To build a fire, first let down the grate, and take up the ashes and cinders carefully to avoid raising a dust, sifting the cinders to use in building the fire; brush the soot and dust out of the upper part of the stove, and from the flues which can be reached; be sure that all parts of the ovens and hot-boxes are clean; if there is a water-back attached to the stove, see that it is filled with water; if it is connected with water-pipes, be sure in winter that they are not frozen; brush up the hearth-stone. Lay the fire as follows: Put a few handfuls of dry shavings or paper in the bottom of the grate; upon them some small sticks of pine wood laid across each other; then a few larger sticks, and some cinders free from ashes; a few small lumps of coke or coal may be mixed with the cinders. Open all the draughts of the stove, close all the covers, and light the fire; when the cinders are lighted, add fresh coke and coal gradually and repeatedly until a clear, bright fire is started; then partly close the draughts. To keep up a fire add fuel often, a little at once, in order not to check the heat: letting the fire burn low, and then replenishing it abundantly, is a wasteful method, because the stove grows so cold that most of the fresh heat is lost in raising the temperature again to the degree necessary for cooking. Removing the covers of the stove, to place a utensil nearer the fire, lowers the heat of the entire surface, and affects the temperature of the ovens; therefore flat-bottomed cooking-utensils are the best, for they fit close upon the covered top of the stove. Black iron saucepans cook more quickly than bright tin ones; coppers retain the heat, even when brightly polished, longer than any other metal, and are much the more durable. Hard wood is preferable to pine for cooking purposes. Charcoal is a good cooking-fuel, but is expensive.

All the kitchen refuse should be burned, first draining from it the slops; and then, when there is no cooking going on, it should be put upon the back of the fire, and all the draughts thrown open so that it can be quickly and entirely consumed. If there is no accumulation of rubbish in the kitchen, there will probably be no more croton-bugs or roaches than can be destroyed by the persistent use of powdered borax and insect-powder.

The Pantry.

Although cleanliness in the kitchen is generally enforced in well-regulated households, the same care is not always extended to those necessary repositories of food, the pantry, the refrigerator and the cellar. The drains too often contaminate the latter, all kinds of food are gathered indiscriminately in the ice-box, and the pantry has too many dark corners. Then, again, the pantry is too often located so near the kitchen as to receive more or less heat from that room. This access of heat should be guarded against as far as possible, because it greatly interferes with the preservation of food. When it is impossible to have the pantry or storeroom a little removed from the kitchen, the two rooms can be separated by double doors, or at least with a door furnished with a spring which will always close it.

The pantry should be so placed as to receive plenty of light and air to keep it free from dampness, but it should not be so exposed to the sun as to make it hot enough at any season to affect its contents. If there is not a storeroom proper, a large, light closet should be devoted to its uses. Shelves should be arranged around the walls, those upon two sides at least permitting barrels to be placed under them; hooks should be placed upon the edges of some of the upper shelves, within easy reach, for the hanging of bunches of herbs and small bags or nets containing fruit. A cool, dark section should be set apart for preserves and jellies; and, if they are put up in stone jars or buckets, they should be labelled, so that the contents can be known without opening them. The arrangement of shelves, boxes, jars and barrels will suggest itself to any tidy person, as it affords the easiest access to their contents. As far as possible, solid cases should be used for stores of all kinds, because paper used for wrapping them is so readily torn, and is no protection against mice or insects. The ordinary contents of the storeroom include dry groceries, preserves, pickles, bread and cake; the latter should be kept in close boxes of wood or tin, which should be frequently cleaned. Hot food should never be put into the storeroom, because it gives out steam and thus favors dampness, and also because it slightly heats the atmosphere.

The Refrigerator.

In most towns, ice-boxes or refrigerators are obtainable already made, but there is some discretion to be used in their selection. In choosing one, care should be taken that the frame is of hard wood, susceptible of a smooth finish, because a soft, rough surface attracts and retains moisture and injurious odors from the water used in cleansing it, and from the ice, as well as from the food itself. If possible, the entire lining and shelves should be metallic; but, if they are of wood, they should be hard, and a double set should be employed so that some can be drying while the others are in use. Marbleized iron or zinc makes the best metal shelves. No water or sewer-pipes should be connected with the ice-box, because poisonous gases readily pass through water. In so-called model apartment houses, the refrigerator is sometimes connected direct with the drain by a small pipe, to permit the escape of the water caused by the melting of the ice: there could be no surer way devised to imperil the health of the inmates of the apartments. Ice-boxes and refrigerators, large and small, should be cleaned and aired often enough to keep them perfectly free from any odor. Meat, fish, poultry or game should never be laid upon shelves, but rather hung by hooks or laid upon racks; if the box is too small to permit this, they should be placed upon earthen dishes large enough to prevent contact with the box or shelves. Milk should always be kept in closed jars, even when in the ice-box, for no other substance is so quickly affected by air and surroundings; it absorbs every odor and gas to which it is exposed, and takes on every taint in the atmosphere: therefore, as soon as its first natural heat has passed away, it should be strained, and kept in covered vessels, unless it is put into a perfectly clean milk-room sheltered from air and dust. Butter, like milk, readily takes on odors and taint: it should always be kept in covered tubs or jars, with brine or a wet cloth covered with salt over it. It should never be put near fish, meat or vegetables which can impart any odor to it.

The ice-box should not be kept in a damp place, because dampness will cause the ice to melt, and predispose food to ferment and mold. No steam or furnace-pipes or chimney-flues should be near enough to vary its temperature in the least degree, for this in itself is a frequent cause of injury to food. When the weather is variable, it is necessary to closely watch food which is not refrigerated. In the winter, there is less danger to food from decomposition than in summer; but some kinds are impaired by freezing. And then, too, there is always more or less danger of decomposition attending the thawing of frozen meats; they should be thawed at a dry temperature, only a little above the freezing-point, in a well-ventilated room, or in very cold water—never near the fire, or in a warm kitchen. When meat has once been frozen, it should be kept at that temperature until it is thawed for cooking; for, when once thawed, it is likely to spoil quickly, especially in close, damp weather.

A word in regard to frozen vegetables: They should be placed in cold water to thaw, not exposed to the action of heat; but as freezing effects a chemical change in the substance and composition of vegetables—as, for instance, when it partly changes the starch in potatoes into glucose—they should generally be protected from frost. Vegetables will be referred to again in treating of the cellar.

As dampness favors decomposition, even at a low temperature, the ice compartment in refrigerators should be separated from the food closet by permanent walls, so that moisture cannot be directly communicated from ice to food. The only efficient refrigerator is one that thus separates the ice from the food, and has an outlet for the water caused by the melting of the ice. It is a mistake to use this water for drinking or cooking purposes, for it generally contains impurities from the ice. A glass or porcelain-lined receptacle placed next to the ice-compartment, and filled with water, will cool pleasantly. The vessel should be washed out and filled with fresh water every day, and should be entirely closed from the air; for water impregnated with odors or vapors from food, or with those which pervade living-rooms, is unfit to drink. As water standing in open pitchers for any length of time loses all its natural gases, and absorbs the deleterious properties in the atmosphere, so, equally, that which is exposed to the odors of food in the refrigerator becomes injurious.

In cool weather, meat, fish, game and poultry may be kept in a wire safe for a reasonable length of time. The same general care should be given to the safe which the refrigerator requires. Its frame should be of hard wood; the racks or shelves of metal, marbleized or galvanized iron; and the wire-cloth painted as often as it shows any trace of rust, because a rough, rusted metallic surface will attract and retain deleterious odors, and particles of decomposed food.

The Cellar.

In cities, cellars are generally underground, and too often contaminated by sewer and drain-pipes. It is impossible to take too much care to guard against this danger. To a great extent, dampness can be obviated in cellars, by flooring them with concrete, and ventilating them thoroughly; for this purpose there should be movable windows, in good working order, with direct communication with the outer air.

Cellars cannot always be lighted without artificial means, but they can be kept clean and dry. A little copperas dissolved in the water used for making lime wash, or some good disinfectant, can always be used to purify the air; and care can be taken that no dirt of any kind accumulates. If fruit or vegetables are kept in cellars, they should be examined frequently, and all spoiled portions removed. The darkness necessary to the preservation of some vegetables can be secured by covering them with old clean blankets or carpet, or, better still, with several thicknesses of newspaper, which can be thrown away when they bear any trace of mildew; the blanket or carpet should be dried frequently, and washed when it becomes at all mildewed. The temperature of cellars where vegetables are kept should be regulated so that they can neither freeze, nor spoil from excessive heat; a safe temperature is about 50° Fahr.

When vegetables are kept in bins, they should be made of hard, smooth wood with covers; otherwise, barrels and boxes with covers should be used. If those roots and tubers which are to be kept until late in the winter are packed in layers, in sand or clean moss or excelsior-shavings, they will keep fresh and good in a dry, cool cellar. Apples may be packed in this way, or in dry sawdust, or wrapped in soft paper, and stored in barrels or boxes. Winter pears may be laid between the folds of an old clean blanket, on a shelf in a dry cellar. Cranberries are best preserved by keeping them covered with water, and lemons do well in the same way; care should be taken that the water does not freeze, and it should be changed often enough to maintain its freshness. Parsnips are generally left in the ground during the winter, but they may be kept in sand in the cellar. If turnips are kept in sand, they are less apt to become corky than when exposed to the air. Celery keeps well quite buried in the sand. Squashes and pumpkins require a cool, dry place. Cabbages may be laid in heaps, or packed in barrels, with the root up, and a thick covering of their own outer leaves upon the top, under the cover of the barrel or bin. Onions should be spread upon shelves, or kept in well-aired baskets. Beets should be buried in sand, as also carrots. Potatoes keep well in barrels in a cool, dark part of the cellar. As the spring approaches, or if they begin to show signs of germination at any season, they may be put into baskets with handles, and placed in boiling water for three minutes; after that they are to be thoroughly drained, and then returned to the cellar: the heat of the water destroys the young sprouts, without injuring the rest of the potato for subsequent cooking. Sweet potatoes require a very dry place, but do not keep any length of time; so that unless the family is large, they should be bought only in small quantities. All the vegetables which are used green or in an immature condition should be dried, canned or preserved in their season. Radishes and mushrooms may be raised during the winter, in warm cellars; and parsley and lettuce, in window boxes, at any temperature suitable for house plants; mustard and cress will grow from seed within a few days in window boxes.

MARKETING.

As the excellence of a dinner depends as much upon the quality of its materials as upon the skill of the cook, it is incumbent on the good housekeeper to have some knowledge of marketing. If a good cook can do better with poor materials than a poor cook with the best supplies, how great will be the satisfaction in a repast which supplements judicious selection with perfect cookery! The skilled marketer must have experience, but even the youngest beginner can gain some advantage from such clear and explicit description as is presented in this chapter.

Before entering upon the detail of meat marketing, a few words may be well said upon the importance of freshness in food of all kinds, and especially when several kinds are used for making one dish, such as a soup or a stew. The least taint in any ingredient will impair the flavor of the dish, and often produce temporary discomfort or positive illness; therefore the marketer should not be tempted to purchase wilted vegetables, or meat upon the verge of spoiling, because the price may be low. In fact, the rule may be accepted, that fair goods command a fair price; the only notable exception being when marketing days occur only two or three times a week, or at the end of the week, when the food is sold at a reduction toward the close of the day, by dealers who do not wish to take the risk of keeping it.

Good Points in Meats.

A few clearly defined points will enable any ordinarily careful and intelligent person to select a good quality of flesh from what is offered. The best meats are from well-fed, mature animals, which have not been overworked, and the meat of which has been carefully transported from the slaughter-house to the market. A loose texture of flesh in full-grown meats indicates an excess of water, which will cause the meat to skrink in cooking or preserving it in any way. The flesh of grass-fed meat is of this character; while that of "stall-fed" or "corn-fed" animals has a firm, dense fiber, admirably calculated to retain its substance, either under the action of heat in cooking or of salt in curing it. Of the three best-known mature meats, beef has the largest and firmest fibers, and pork has the densest, closest texture; and therefore both are well suited for curing. About one-fifth of the weight of flesh is composed of the solid substances of fibrine, albumen, and gelatine; the residue being the juice of the flesh, which consists of water and some soluble salts that are essential to the preservation of health. It is this juice, of which salted meats are largely deprived, which is too often lost by improper methods of cooking; as in the pounding of beefsteaks, under the erroneous impression that they are thus made tender, when really the labor of mastication saved by the breaking of the fibers is more than handicapped by the loss of the juice entailed by the pounding operation. When the fiber of meat is over-tough, it can be softened by using vinegar during cooking, according to the directions given elsewhere.

The fact is not always known to city marketers, although it is generally well understood by people in the country who kill their own meat, that the flesh of animals and birds is always most tender if kept in a cool place some time before cooking.

A glance will show an experienced marketer the difference between good and poor meat. The first has a fresh, bright color, with plenty of back and kidney fat, and fine thread-like particles of fat running through the flesh; the odor is sweet and the general appearance clean. On the other hand, meat in bad condition is dark and dull in color, without the tracery of white fat throughout the flesh, and its abundance on the back and about the kidneys; even if the fat is abundant, its color will be yellowish and its consistency soft; the odor will be more or less unpleasant. No amount of washing will restore the excellence of stale or tainted meat, or counteract its poisonous effect upon the system. The fact should be remembered in this connection, that meats which have been kept on the ice, and are then exposed to the action of a warm atmosphere, taint much more quickly than those that have never been iced.

Beef.

Good beef is of a clear, bright-red color, veined or marbled with whitish fat, with abundant kidney fat or suet, and thick back fat; the fat of a prime creature is of a clear, whitish yellow color, rather hard and brittle, as contrasted with the dull yellow fat of inferior beef, which is also soft and greasy. The second grade of beef is of a dusky red color, with scant fat interspersed among the muscular fiber and very little upon the back and kidneys; the odor of the meat is good; and, if it is hung long enough, the flesh will be comparatively tender. Poor beef has little or no back fat, very scant yellowish kidney fat, and dark red, hard flesh; in cooking it, the aid of vinegar will soften the fibers to some extent, but it can never be made entirely good; if the odor is rank and strong, it will always be noticeable.

The carcass of beef as marketed is cut into sides, and these again into fore and hind-quarters. The choicest parts of the carcass are along the line of the backbone.

The following indicates the best use for each part:

1. Shin, or leg; used for soups and plain stews.
2. Round; used for steaks, pot-roasts, and beef *a la mode.*
3. Rump; used for steaks, stews, and corned beef.

4. Butt or flank steak; used for steak, pressed beef, and corned beef.

5. Large sirloin steaks; large, juicy steaks, used for broiling and frying.

6. Sirloin roast or porterhouse steaks; used for the choice roast or beefsteaks.

7. Flank; used for corned beef or stews.

8. Navel; used for corned beef.

9. Plate; used for corned beef.

10. Ribs; used for roasting.

11. Chuck ribs; used for roasting and steaks.

12. Shoulder-piece; for soups, stews, mince, and pot-roasts.

13. Shank, or shin; used chiefly for soups.

14. Neck; used for soups, stews, and hash or mince.

15. Brisket; used for corned beef, spiced beef, and stews.

There is choice to be exercised in regard to steaks and roasts. The hip or thick end of the sirloin or porterhouse cut makes the finest beeksteaks, the two hip-bone or tenderloin steaks being the best large beefsteaks in the entire carcass. The middle porterhouse steaks are smaller, and have a good proportion of tenderloin or *filet;* the thin end of the sirloin gives small porterhouse steaks of excellent flavor. Beyond the hip-bone sirloin steak, comes the flat and round bone sirloin steaks, which are large, juicy and well flavored; then the ordinary large sirloin steaks reach to the rump-piece. The tenderloin or *filet* of beef runs under the sirloin, beginning at the round-bone sirloin steak, and running up to about the third small porterhouse—from fifteen to twenty inches—and weighing five pounds or more. Rump and round steaks cut from fine beef are composed of firm, juicy, well-flavored flesh, and in point of nutriment compare favorably with any portion. The roasting-ribs are cut from the fore-quarter; they number in all thirteen, and are usually cut in twos or threes, according to the size or weight required. The first two or three are called the first-cut ribs; then come the second or middle cut, reaching as far as the fifth or sixth rib; the third-cut ribs reach up to the chuck or shoulder-ribs, which begin at the ninth rib: all these cuts are juicy, tender and highly flavored. The four chuck-ribs proper run up to the neck. The piece of shoulder-blade running through the chuck-ribs can be cut out by the butcher, and replaced by a piece of fat. The chuck-ribs are divided according to the requirements of the purchaser; their flavor is sweet; and, as they are marbled with fat in good beef, they rank next the sirloin, either as roasts or steaks. The chuck nearest the neck is inferior in quality to the other end near the ribs proper.

Veal.

The best veal is from a milk-fed calf about six weeks old. Veal less than a month old is watery, soft and insipid. Good veal shows a fine-grained, juicy flesh, of a delicate pinkish color, with firm white fat. When the food of calves is changed to grass, hay or meal, the character of the flesh changes; it is harder, less juicy, and darker in color, and the fat grows yellowish. When the flesh of veal is very white, it may have been blanched for the purpose of changing the appearance of poor veal to that of good quality. The flesh of the second quality of veal is red, contrasted with the pinkish white prime flesh, and the fat is coarser grained and less abundant. The poorest kind of veal has decidedly red flesh, and very little kidney fat. When the kidney fat of any quality of veal begins to grow soft and clammy, the meat is on the verge of spoiling. Bob-veal is the flesh of calves killed when they are less than three weeks old; the flesh is soft, semi-gelatinous and sticky, and the fat is scant and flabby. It is utterly unfit for food; being the first flesh of the young creature, unchanged by the healthful action of sun and air, it is devoid of those elements which make good flesh a wholesome food. The influence of sun and air upon the blood of animals is well understood by stock raisers, who have demonstrated that far better meat is produced by animals fattened in the open air than by those that are housed for any considerable length of time.

1. Leg, including part of the flank; used for cutlets and roasts.
2. Loin; used for roasts and chops.
3. Flank; this part is often nearly all cut with the leg, but if separated it makes a good roll for baking or stewing.
4. The ribs lying under the shoulder; used for roasts, chops and stews.
5. Breast; used for stews, pot-pie and baking.
6. Shoulder; used for roasts and baked dishes.
7. Neck; used for broth and stews.
8. Feet; used for jelly.

The hind-quarter of veal is generally considered the finest, but the rib chops are exceedingly good. In a small carcass of veal, the hind-quarter would be divided simply into loin and leg, and the fore-quarter into shoulder, breast and neck.

Lamb.

Spring lamb is divided simply into fore and hind-quarters by a middle cut, which leaves several of the ribs attached to the hind-quarter. The latter commands the highest price, because it presents the greatest available quantity of meat; but its flavor is not superior to that of the shoulder. If a lamb is very large, the neck may be separated from the fore-quarter to use for stews. Very delicate dishes are made from lambs' feet.

Spring lamb proper is from six weeks to three months old.

House lamb is lamb fed under cover during the winter months. Lamb is sold from spring until late winter, not being called mutton until after it is a year old. The weight of small spring lamb is from twenty to twenty-five pounds; and as the season progresses, the size increases to about a hundred pounds. As the lamb grows larger, chops are cut from both fore and hind-quarters; the former being called rib chops, and the latter loin chops or cutlets, as they are taken from the loin or leg. Sometimes small sheep are dressed like lamb; but the difference is shown by the darker red of the flesh, the comparative scantiness of the fat, and the white color of the bones as opposed to the reddish bones of lamb. The back and kidney fat of lamb is hard, white and abundant; and the flesh has a delicate rosy tint. The flesh of the second quality is darker and less firm than that of prime lamb; the grain is coarser, and the fat less white and abundant. Poor lamb has scant, yellowish fat, and lean, flabby meat without any interspersed lines of fat, and the flesh is soft and watery. When the kidney fat of lamb begins to grow soft and sticky, the meat is on the point of spoiling; a bad odor indicates that it is already tainted, and is unfit for use. It is not ever a safe experiment to roast or bake meat upon the verge of spoiling, because the gradual heating of the interior will generally complete its decomposition.

Mutton.

Mutton is prime from creatures about three years old, fed out-of-doors, and especially upon hillsides. The fat of prime mutton is abundant, white, and hard; the flesh is firm and juicy, and of a clear red color; and the bones are white. The flesh of second quality is darker and closer grained, the fat is scanty and yellowish, and the flavor is rank. Poor mutton has pale, flabby flesh, scant thin fat laid close against the flesh but not interlined with it, and the flesh parts easily from the bones. Diseased mutton has decidedly yellowish fat, and soft, flabby flesh.

1. Leg; used for roasts; in large mutton part of the leg is cut with the saddle.
2. Loin; used for roasts and chops.
3. Flank; cut separate in very large mutton, but in medium-sized carcasses included in the loin cut or chops.
4. Back or rib chops; used for rib or French chops.
5. Breast; used for roasts, stews, and baked dishes.
6. Shoulder; used for roasts and baked dishes.
7. Neck; used for cutlets and stews.

The saddle of mutton is the double loin, cut without splitting it down the back. French chops are rib chops with the end of the bone trimmed off, and the flesh and fat cut away from the bone at the thin or flank end, leaving the round piece of flesh near the backbone attached to the rib.

Pork.

The best pork for general table use is from carcasses weighing from fifty to about a hundred and twenty-five pounds. The color of the flesh is a fresh pink; and the fat is hard and white, not less than an inch thick upon the back, and very abundant about the intestines. The skin of young pork is whitish and semi-transparent. The second quality of pork has rather hard red flesh and yellowish fat; the poor sort has dark, coarse-grained flesh, soft fat, and a generally inferior appearance. Measly pork, which is unfit for use, has little kernels in the fat; the kernels or yellowish lumps sometimes show in the lean, and the entire flesh has a dull look. The tenderloins of pork correspond with those of beef in place; they are of sweet and tender flesh, and during the winter season can generally be bought.

When the back fat of pork is very thick, some of it is removed from the parts which are to be used for roasts and chops; when the skin is dressed on roasts, it is scored in lines about half an inch apart.

1. Leg; used for roasts, ham and corned pork.
2. Flank; used for pickling or salting.
3. Loin; used for roasts, chops, and baked dishes.
4. Brisket; used for pickling and salting, and bacon.
5. Ribs; used for roasts, chops, and baked dishes.
6. Shoulder; used for roasts, ham and corned pork.
7. Neck; used for roasts and neck cutlets.
8. Top of head; used for pickling and salting.
9. Cheek; used for pickling and salting.
10. Hock, used for pickling and salting.
11. Feet; used for souse and jelly.
12. Tail piece; used fresh as a choice roast.

That part of a carcass of pork used for bacon is the flank and brisket, including the belly and the thin part of the ribs; it is first thoroughly salted, and then dried or smoked. The flitch of bacon is the entire side between the shoulder and the leg. Brawn is the entire length of a side, pickled, after it has been boned and rolled, and then boiled.

Poultry.

There is no season when it is impossible to obtain good poultry of some kind; but in warm, damp weather it is advisable to select that which has not been long killed, or preserved on ice, as both are likely to spoil quickly. In selecting fowls, see that the skin is clean, soft and not badly torn, that the flesh looks plump and light colored or whitish under the skin, and that some fat is apparent. Young fowls or chickens have large feet and long necks in proportion to their size, and the lower end of the breast bone is so soft as to bend easily in response to slight side pressure: the cartilage does not harden into bone while the chicken is young enough to be absolutely tender. Of course there are tender large fowls and capons, bred especially for the table, which are well grown and abound in delicious flesh. If the head and feet are upon dressed poultry, they will generally indicate its condition. The eyes will be full and bright, and the feet soft and pliable, when the poultry is in good condition; if it is poor and stale, the feet will be dry and stiff, the eyes sunken and dull, and the flesh dark colored, and changing to a greenish hue about the back and vent as the poultry nears the point of spoiling. There are so many devices for restoring stale poultry which has not actually reached the stage of putrefaction, that the only absolute safety lies in buying from honest dealers. The head of a capon, which is always left on the bird, is smaller in proportion to the body than that of ordinary poultry; the comb is more withered and pale; the neck feathers are longer; and the body is shorter, fatter, and more plump. The flesh of capons is very tender and juicy; the weight is usually from eight to twelve pounds. Capon turkeys are unusual but delicious. The best spring chickens are those which have a full breast and are plump and short; those which have long legs and large bones are less satisfactory. Bantam fowls, which are sometimes marketed, are short and plump, about the size of a partridge, and their flesh is excellent when they are young and fat.

Turkeys are in fine condition when the flesh looks white and plump, and they have full breasts and smooth legs: old turkeys have rather thick skins covered with long hairs, and the flesh is purplish under the skin. Hen turkeys are smaller and plumper than male birds, and of less intense flavor: turkey poults, or young turkeys, are very tender and delicate, but not full flavored. The finest turkeys that are marketed are the mutton-fed birds; they are fat, juicy, and well flavored.

Young ducks, or ducklings, and goslings are among the most delicious poultry; they are very fat, and the flesh is highly flavored. Good ducks and geese are plump, with abundance of semi-transparent, soft fat; they have a pliable breast bone, flesh colored and brittle beaks, and windpipes that break when pressed between the thumb and finger. As the birds grow old, the color of the feet and beaks changes from yellow to red. Goslings are sometimes called green geese.

Pigeons and squabs, either domestic or wild, are generally in market. Pigeons are good when the breasts are large and plump in proportion to the size of the bird. The flesh of old birds is very dark colored, that of good ones is dark red, and of squabs so light as to be almost pink.

With all game, the judgment of a reliable dealer is the best guide for the buyer; but a few hints may be given as to the possibility of keeping game in order to make the flesh tender. All wild meat will keep good longer than domestic meat, because of its firm texture. In average temperate weather, clear and dry, meat which has not been frozen will keep the following length of time: Veal and pork, one day; lamb, two days; beef and mutton, from three to ten days; large poultry and game birds, from three to six days; small game from two to five days, and large game about a week. In clear winter weather, meat and game frozen in the air will keep until there are signs of a thaw; they should then be put into an ice-house, where they will remain frozen, or thawed out in cold water and speedily used. In warm, muggy weather, and during summer rains, meat exposed to the air spoils quickly; and the conditions of warmth and moisture to which it is exposed are not unlike those which prevail when frozen meat is exposed to the heat of the fire in roasting and baking. Meats should be hung up, and entirely covered with thin cloth or fly-screens, in a cool, dark place, free from dampness; they should not be laid upon dishes or boards, because the blood which flows from them taints more quickly than the flesh itself. It is for the purpose of entirely removing this blood that butchers scrape their meat-blocks instead of washing them. Meats designed for broiling, roasting and baking can be hung longer than those which are to be boiled.

Fish.

In selecting fish, have it as fresh as possible. This condition is indicated by the fullness and brightness of the eyes, and the clean skin and firm flesh: above all, the odor should be sweet and fresh. Fish which is marketed in a frozen state should be thawed in cold water, and cooked at once. Sea fish, and those which run from the sea into bays and rivers, have the finest flavor; fresh-water fish sometimes have a muddy taste, which can be removed to some extent by soaking them in salted cold water for a couple of hours before they are cooked. All fish are best before spawning; after that period the flesh becomes soft and watery. Good crabs and lobsters are heavy in proportion to their size, and while uncooked their movements are rapid if they are in good condition; if cooked, their odor is sweet as long as they are good. Oysters, clams, scallops, and mussels should be eaten as fresh as possible always. Salted and smoked fish should always have a good odor and clean appearance.

Vegetables and Fruit.

All juicy and green vegetables should be very fresh and succulent, and are best just before flowering, as also are the sweet herbs called pot-herbs. Roots and tubers should be full and fresh colored; if withered or sprouted, they are inferior. The green vegetables should not be bought in larger quantity than can be used while they are still fresh; they will keep best if sprinkled with water, and laid in a cool, dark place. All the roots and tubers are improved by laying them in cold water for an hour before using them. Details as to the keeping of vegetables are given elsewhere.

Fruit when fresh should be ripe and sound, as perfect as possible (because this will make less waste), and bought only in quantities which admit of speedy use, unless it is winter fruit which can be kept without any danger of spoiling. Preserved and dried fruits keep well in cool, dark places, and so may be bought safely in quantities.

THE ETIQUETTE OF DINNERS.

The selection of guests for a dinner should be thoughtfully made. Not only should social obligations and personal preferences be consulted, but also the individual characteristics of the guests; for a disagreeable neighbor can destroy the entire enjoyment of the repast. A dinner is not the affair of a moment; it implies prolonged association. At a luncheon, where the time spent at table is short, at a garden-party, where change of companionship is possible, at a dance, where the favorite partner can be secured at least once, no such nice discrimination is demanded, upon the part of the host, as at the dinner table, where guests are placed in close proximity for hours. It is true that no introductions need take place, except between guests who are to go down together when they are not already acquaintances, or where there is on the part of the guests a natural desire for introduction to some distinguished person present; but one takes the fact for granted that every guest at a friend's table is a desirable companion, and every one is at liberty to enter into conversation without a formal introduction. Although such desultory intercourse does not entail subsequent recognition, it is the duty of the host to make sure that the passing intercourse leaves no unwelcome claims upon his guests. Then, too, those persons should be placed together whose conversation is likely to strike upon congenial topics in the intervals of well served courses. The guests see so little of the hosts, after the first salutation, that they are in a measure bound to replace themselves in the arrangement of their guests. While one would not place a chatterbox without taste beside a man inclined to pay the choice dish of the dinner the tribute of silent appreciation, nothing can be more wearisome than a long, elaborate dinner beside a person without smile or voice. It is true that a *gourmand* may find consolation in well-cooked dishes, but it is not in every house that these are served. To place a flippant guest beside an earnest one, a commonplace one next a poet, is to intensify the misery of *ennui*. The dinner giver does not always invite " minds " to the feast, but the fact that guests have minds should not be forgotten.

On the part of the host a dinner invitation implies a desire for a certain social intimacy which is not involved in any other form of entertainment. One may give pleasant assurances of social happiness in the formal interchange of calls, or the slightly more personal intercourse of prolonged receptions or of evening affairs; these are agreeable ways of paying one's social debts. But to ask a friend to dinner means friendliness indeed; for this reason, a dinner invitation should be accepted only from those whose friendship is welcomed. It should always be returned during the social season—that is, before people separate for the summer; if the recipient has not an establishment which admits of giving a dinner in return, a ride or drive in the country, or a good restaurant dinner or a theater party in the city, is considered a social equivalent. There should be no delay in answering a dinner invitation definitely; this gives the hostess an opportunity to fill the guest's place if the hospitality is declined. If the invitation is accepted, punctuality to the hour fixed for the dinner is imperative on the part of the guest. The tact of a lady is to be appreciated, who, after an unforeseen hindrance, reached the house of her entertainers just as the last of the guests were entering the dining-room; she dropped her wraps in the entrance-hall where her escort left his hat, and entered the dining-room with him at once, to the surprise and gratification of her hosts. The immediate acknowledgment of an acceptance to a dinner is, in the city, a call within three days after the dinner, unless there is marked intimacy, in which case a longer time may be allowed to elapse; but no circumstance of ordinary consequence should set aside this social form, even among intimate friends, for these little courtesies are the graces of friendship. In the country, where it is not easy to get about, more latitude in point of time is permissible; unless an immediate return of hospitality is contemplated, any reasonable time may elapse before the call of acknowledgment is made.

The most enjoyable dinners are those where every one is at ease. Given the fact that the selection of the guests is perfect, their number should not be greater for a private dinner than the hostess can render all requisite courtesies to. Then, too, every care should be taken, previous to the dinner, to insure absolute ease on the part of the hosts. The comfort of guests depends upon equal and perfect service, as much as upon excellent cookery. As has been said already, one well-trained servant can attend to ten or twelve guests with the American dinner or the service *à la Russe*; but if the service is English, or if the number of guests is larger, there should be one or more other servants; and for elaborate dinners a butler should attend to the wine, direct the general table routine, and, when not actually engaged, stand beside the host or hostess and watch to make sure that no person is unserved, because it is exceedingly awkward for a guest to ask for attention. The hostess so largely depends upon the servants for ease during the progress of the dinner, that she should see before the entertainment that they are entirely conversant with the wants of guests and the capacity of the establishment. This point is especially essential when temporary attendants are brought in; they should be well informed concerning all the facilities of the house which can in any way affect the comfort of the guests. These details of service as closely affect the perfection of dinner giving as does the deportment of the hostess when she stands ready to receive her guests.

If the resources of the establishment are limited, a perfectly quiet entertainment should be given, the requirements of which come within the capacity of the household. A good hostess never inflicts the chance of failure upon her friends, and never makes experiments with her guests. Her servants know just what they have to do, and do not either cause delay by being unprepared, or make a noisy haste in performing their duties. If any accident occurs at the table, they know how to remedy it quietly, and they do everything necessary to the comfort of the hour, without prompting. If the hostess knows that her servant will spread a fresh napkin over sauce spilled upon the cloth from a dish, or cover a claret stain with salt and conceal it with a napkin, she will naturally be easier than if she thinks such possible mishaps must go unremedied: in a word, if she feels sure of her service, she can give every thought to the entertainment of her guests. All this is very easy to suggest; it is possible to accomplish if the hostess has tact and management, and sufficient good sense to limit her social ambition by her own ability to carry out her plans. She will never attempt to exceed her means in dispensing hospitality; her table appointments will be abundant and suitable, even if they are simple. Her choice of dishes will be confined to those which she knows can be well made at home, or she will call in competent outside help to insure success in specialties. She will never affront her guests by serving a dish that is not absolutely good; and, unless for very formal occasions, she will place before them delicacies such as she is famous for making or ordering. Unless they are intimate friends, she will not urge them to partake of her fare, or invite comments upon it; but she can none the less stamp her dinners with her own individuality. The novice in dinner giving should confine her first efforts within small bounds, beginning with few dishes, a very simple service, and a small number of guests; as she gains the confidence which follows frequent efforts, she can safely extend her hospitality, but she should take care that it never becomes ostentatious. Efforts to make a lavish display are vulgar. The model hostess gives well-chosen guests the best of her fare, and so marks her superiority; but the *parvenue* exhausts the market to overload a table, and yet fails to create enjoyable dinners.

The formal dinner invitation is a courtesy which a guest even of intimate standing has a right to expect from the hostess; it may either be written upon fine stationery or engraved in script. The prevailing form is:

*Mr. and Mrs.*______________________

request the pleasure of

*Mr. and Mrs.*______________________

company at dinner,

January Second, at Eight o'clock.

No. 500 Madison Avenue.

The favor of an answer is requested.

A written answer should be returned directly the invitation is received, using the same personal form that appears on the invitation. If the invitation is accepted, and any circumstance arises to prevent attendance, the hostess should be informed at once; but no trivial affair should be allowed to interfere. Formal invitations and replies to dinner invitations should be sent by hand; other invitations may go by post. After a dinner a call is imperative; a card is not a proper acknowledgment. Invitations to dinners of more than ten persons should go out two weeks in advance of the date chosen. A husband is never invited without his wife, or *vice versa,* unless one is known to be an invalid or out of society, except where there is sufficient intimacy to warrant this departure from formality when some expected guest disappoints at the last moment; the affair should always be clearly understood even then.

The social duties of the hostess are too clearly defined to admit of any deviation from them, but according to the number of her guests, and the degree of intimacy with them, she may give them more or less personal attention—the fact being understood that there is ample attendance to insure every one's comfort; after that, she may permit herself to take some degree of pleasure in the society of her special favorites, although she never may give any one but the guest of honor such attention as to be conspicuous. At least half an hour before the time named for dinner, the hostess should be dressed and ready to receive her guests, although they are not expected to arrive much before the dinner-hour. Her place should be near enough the door to permit her to welcome each one who enters. To the ladies she says a pleasant word and establishes them comfortably, chatting with them between the arrivals; to every gentleman she at once indicates the lady whom he is to take in to dinner, introducing him if the parties are strangers. At large and formal dinners, each gentleman, as he passes from the entrance-hall to the drawing-room, receives from an attendant a small envelope, presented upon a salver, containing a card bearing the name of the lady he is expected to escort, and usually a small *boutonnière;* if he does not know the lady he must at once inform the hostess, so that the necessary introduction can take place. The short interval between the arrival of the guests and the service of the dinner may be spent in greeting acquaintances and in pleasant chat about passing events or subjects of general interest; all dinner talk should be light and amusing, but even commonplace is more acceptable than silence. The wise ones avail themselves of this opportunity to approach those to whom they wish to speak, because they know that during dinner conversation is possible only between neighbors, and after it is over all are likely to be engrossed in following up dinner-table topics, or the departure of guests may render intercourse impossible.

When all the guests have arrived, a servant opens the dining-room door when it adjoins the drawing-room, or otherwise he approaches the hostess, and says, "Dinner is served," or "Madame is served." The host then leads the way to the dining-room, with the oldest or most distinguished lady present upon his arm. No delay is made for guests, unless they are of much importance: it is the imperative duty of a guest to be punctual; far better to exceed in earliness than to be one moment late. In the dining-room, the servant draws out the chair of the guest of honor, or that of the lady whom the host escorts; if there are attendants enough, the chairs of all the guests may be drawn out, and replaced by the attendants as the guests are seated. All seat themselves as they enter the room, each gentleman assisting the lady he escorts when there are not enough servants to place the chairs. As the guests arrange themselves comfortably at the table, they may unfold their napkins and begin to eat the shell-fish, without waiting until all are placed when the number is at all large. Usually there is no formal beginning, except at private dinners, when some ceremonial of grace preludes the repast; taste and custom regulate these matters. In entering the dining-room after the host, there is no special order of precedence in America, unless the chief magistrate or some locally honored personage is present; ordinarily the gentleman who is the guest of honor goes into the dining-room last, with the hostess, and is seated at her right. If the table is small, the host indicates the places the guests are to occupy as they enter the room; if the party is large, a little *menu*-card is placed at each cover, bearing the name of the guest for whom it is designed. After the shell-fish is eaten, the lady who is escorted by the host, and who sits at his right hand, is served first, then the other ladies, and after them the gentlemen; each guest may begin to eat as soon as served. The routine of the dinner has been given elsewhere.

At the close of the dinner, the hostess bows to the lady at the right of the host, who rises, and opens the door for her, and she leads the way out of the dining-room, the other ladies following her, and the hostess going last; this, of course, is at large formal dinners, otherwise there is no special form imperative. It is a graceful courtesy for the gentlemen to rise as the ladies leave the table, and assist them with their chairs. Sometimes they prefer to accompany them to the drawing-room; but if any remain at the table, the host must stay with them, and see that they are served with wine or cordials, and coffee and cigars. It is of course understood, in polite society, that no excess is tolerated; and any young man showing any inclination to pass the limits of moderation very soon finds himself tabooed. The use of wine at ordinary dinners is a matter of solely personal preference, but at state dinners its absence would be an affront to the guests.

In the drawing-room, the hostess should always chat a little with all her guests, even if the number is large; but she should pay special attention to strangers. If there is any lady present accomplished in any way, the hostess may request her to assist in entertaining the others; and compliance on the part of the guest should be immediate and cheerful, unless there is some grave reason for declining. The hostess may omit such requests for assistance, without implying any offence. In the case of guests who are professionally distinguished, this question of entertainment should always be previously understood, because sometimes there are objections to their contributing to the evening's amusement. After the gentlemen enter the drawing-room, tea should be served, and then the guests are at liberty to depart; but where strict social propriety is preserved, no one should leave until after the guest of honor has gone. As each guest takes leave of the hostess, a few words should be said in acknowledgment of the enjoyment of a pleasant evening, without any reference to the dinner itself. The call after the dinner should be made in due time, as also should the reciprocating hospitality.

BILL OF FARE.

CHATEAU
YQUEM,
1858.

Oysters or Clams on the half-shell, very small.

SOUP.

Consommé, Terrapin Clear Soup, *Potage à la Reine*, or *Bisque*. Cantaloupe, Watermelon, Pineapple, Grape Fruit or Oranges.

FISH.

Broiled Spanish Mackerel, Shad, Striped Bass, or Blue Fish; or, Boiled Salmon, Sheepshead, Sea Bass, Turbot, or Trout; with Bermuda, *Hollandaise*, *Duchesse*, *Parisienne*, or Irish Potatoes. Cucumbers.

RELISHES.

Olives. Tunny Fish. Filets of Anchovies or Sardines. Stuffed Olives. Caviare.

French Radishes. East India Gherkins. Salted Almonds. Cheese Straws. Pickles.

Small Patties or *Bouchées* cold, with highly seasoned garniture of fish, poultry or game.

Fine Table Sauces. Anchovy Butter. Celery. Small Raw Tomatoes. Choice Cheese.

CHATEAU
LAROSE,
1858.

ENTRÉES AND ENTREMÊTS.

Vol-au-vents of Poultry and Game, *Croquettes*, *Blanquettes*, Scallops, *Salmis*.

Sweetbreads, broiled, fried or stewed, with Mushrooms, Peas, Asparagus or Tomato Sauce.

Chicken, *fritôt*, broiled, Maryland style, with *Mayonnaise filets*, and Pinions *sautées*.

Filet of beef, larded, with Mushrooms, Spaghetti, Stuffed Tomatoes, or vegetable garniture.

Lamb Cutlets, breaded, truffled, *en papillote*, with Peas, Asparagus or Cauliflower.

Any Vegetable, stewed with a sauce. Fritters of Rice, Hominy and Flour, with sauce.

Sweet Puddings, with sauces. Charlottes Pastry. Jellies. Moulded Creams.

Sorbet. Sherbet. *Roman Punch*. Champagne *glacé*.

ROAST.

Any Game or Game Birds, roasted, and served with a green salad.

VERZE-
NAYE
SEC.

DESSERT.

Ice Creams, with Canton Ginger. Water Ices. Frozen Puddings of fruit and fine cake. Ices. Confectionery. Candied Fruit. Nuts. Foreign Preserves without syrup. Oriental Sweetmeats. Coffee.

THE ETIQUETTE OF VARIOUS ENTERTAINMENTS.

Large Breakfasts.

As breakfasts are far less expensive than dinner parties, and as the time chosen, between nine and twelve o'clook, is generally less full than the evening hours, these entertainments are greatly favored by people of leisure. In common with luncheons, they afford a pleasant and available form of hospitality which gentlemen without establishments can offer to their lady friends. The etiquette is very simple; an informal written invitation, sent either by hand or post, to which there is an immediate corresponding response, and a return entertainment during the season, when the breakfast is given by a lady, fulfill all requirements. The toilet for guests is a walking costume, and for the host a quiet morning toilet. The place of the entertainment may be in one's own house, or at any well-known restaurant.

The table should be laid in a sunny, cheerful room, with spotless linen and china, and polished glass and silver. The table arrangement for an elaborate breakfast is the same as for dinner, except that no soup is served, and the coffee and tea equipages are placed upon the table. Bread, butter, relishes, condiments, fruit and flowers are upon the table; the hot dishes are upon the sideboard in chafing dishes, or are served hot from the kitchen in courses, according to the preference of the host. Hot breads come to the table with a napkin thrown over them, as also do baked potatoes, fritters, fried cakes, scallops, *gratins*, breaded chops, *croquettes*, and all dishes which would be impaired by having moisture fall upon them as it condenses on china or silver covers. Dry toast should be served in a rack, or the slices set on edge on a hot plate, and only a small quantity made and served at once; it should be delicately brown and crisp; buttered toast should be set in the oven for a moment after it is made, and then served covered with a hot napkin; milk toast should be served in a covered dish, from which the cover should be lifted quickly and reversed at once to prevent the condensed steam falling back upon the toast. Butter should be cut in small squares, or moulded, and kept in ice water or upon a cake of ice until it is served. Boiled eggs should be served very hot the moment they are done, and eaten from the shell with a spoon; in America the custom prevails of breaking the eggs into a glass or cup before eating them. The shells of eggs should be washed in cold water before they are boiled. Fruit is placed upon the table, and eaten as the guests desire. The whole fruits, such as apples, oranges, bananas, cherries and melons, are usually eaten at the beginning of the repast; and those which require sugar, such as berries, pineapples and peaches, are taken toward its close. The cereals, such as oatmeal, hominy and cracked wheat, are eaten after the whole fruit, with syrup, cream or preserves. The coffee, chocolate, cocoa and tea are taken at the guests' pleasure. After the fruit and cereals come the small meats, eggs and garnished side dishes of fish, game and poultry. The breakfast closes with the fried cakes and cut fruit with sugar, or berries, according to the season.

When wines are used at breakfast, they should be sauternes, white burgundy, hock or claret.

A good breakfast, of medium extent, would be as follows:

BILL OF FARE.

Cantaloupe or Oranges.
Broiled Fish with Stewed and Saratoga Potatoes.
Maryland Chicken with Cream Gravy and Hominy.
Iced Oatmeal with Cream. Olives.
Small Tenderloin Steak with Watercresses and Radishes.
Omelette with Mushrooms.
Waffles. Pone. Rice Cakes with Maple Syrup.
Peaches iced and sugared.

The Family Breakfast.

This meal is second only in importance to the dinner, especially when any extreme mental labor is demanded of the members of the family. The importance of early and substantial breakfasts is emphasized in the writings of the author upon sanitary matters, and consequently such repetition here is unnecessary; but of the fact that the housekeeper should personally superintend and be present at this meal, there can be no question. If the breakfast is unsatisfactory, a man half hungry or exhausted will generally have recourse to some tonic stimulant to carry him through his morning work; and a second thought is not needed to realize the consequence of such a custom. Our national habits demand that the breakfast shall be hot and abundant, and that there shall be such successive variety that the appetite shall always be stimulated. Fresh fruit in season, or that preserved with little or no sugar, or radishes, cucumbers, tomatoes, watercress or lettuce should make a part of every breakfast if obtainable. Oatmeal, cracked wheat or some form of hominy or corn-meal, with cream, milk, sugar or syrup, is indispensable when the family includes children. Coffee, chocolate and cocoa are suitable breakfast beverages, but tea is undesirable. Meat, eggs, or fish in some hot form should always be served, and potatoes or variety in breads are desirable. Nearly all American breakfasts include some form of hot fried cakes with syrup or sugar.

The family breakfast table is laid with the coffee service at the head of the table; the largest hot dish at the other end; a knife, fork, spoon, glass, napkin, small bread and butter plate and salt at each cover; and the side dish, breads and fruit at convenient places upon the table. When fruit is served first as a separate course, it may be placed before the other dishes are brought in, with a special plate, fruit knife and napkin, and a finger-bowl for each cover, which are to be removed before the breakfast is served.

When there are not many servants, the care of the breakfast table falls upon the ladies of the family; and there should be preparations made for clearing away the table, and washing all but the greasy dishes in the breakfast-room. A side table is necessary for this, or a large butler's tray, upon which the dishes can be gathered in regular piles or groups after they are freed from the remains of the breakfast. Any dishes removed from the table in the course of the meal can be placed there, being protected from flies if they contain food which can be used again; the plates and saucers in little piles, the cups and glasses in groups, and the spoons, knives and forks in a tray.

To wash the dishes, a small wooden tub or a tin pan, with a little mop or a clean dishcloth, soap, and plenty of hot water for washing and rinsing, are required. The glasses are to be washed first, rinsed in warm water, and dried at once on clean towels; then the cups and saucers and the sauce dishes; next the silver; and finally the dishes and empty platters, all scraps of food having first been removed from them. The washing water should be changed frequently, and a little borax or washing soda dissolved in it to facilitate the removal of the grease. When a butler's pantry adjoins the breakfast-room, the dishes are always washed there; the same care being exercised in keeping the sink clean as in the kitchen. Dishes removed to the kitchen to be washed should be just as neatly and carefully treated as in the pantry or breakfast-room; after the dishcloths and towels are used, they should be thoroughly washed in hot soapy water, rinsed in hot clean water and dried in the sun, or at least in the open air.

Family Luncheon.

The range for family luncheon is as elastic as that for more formal occasions. In the country, and also in town where there are children in the family, it often takes on the form of a simple dinner; in that case, the service is as for dinner, the dessert service and tea and coffee being upon the sideboard. If the luncheon is plain, the service is the same as for breakfast. The suitable dishes are small hot meats, fish, game birds, poultry, dressed salads, all forms of potatoes and eggs, bread and butter, cheese and crackers, vegetables, fruit and sweets. A servant may attend, or any one may rise from the table to fetch what is required.

In the country, or where the luncheon is practically the children's dinner, the service should include soup or *bouillon* if possible; the latter is served in shallow bowl-shaped cups, the former in small soup plates. A hot joint, with one cold meat if desired in addition, potatoes boiled or baked, and one or more hot vegetables, together with a simple dessert, gives a good luncheon variety. The covers are laid as for dinner, with napkin and bread, two knives and forks, a spoon, water glass and salt; if one wine is used, it may be claret or sherry at the family luncheon, or some malt beverage or cider may replace the tea or coffee, at the choice of the family. Among intimate friends an invitation to luncheon may be general, or it is quite proper for them to claim hospitality without it.

Luncheon Parties.

Luncheons are essentially ladies' parties, usually given by ladies in their own homes: sometimes an informal lunch is given at some restaurant celebrated for some special dish, but the preference is for the home entertainment. The invitations are the same as for breakfasts. The table is laid as for dinner, save that the linen may be embroidered or colored; and any dinner form of service may be followed, save that some of the courses are omitted. At an informal luncheon all the dishes may be placed upon the table at once, after the shell-fish and *bouillon* are eaten; and then the attendants may be sent from the room if the guests wish to be alone with the hostess. Fruit, flowers and relishes may be used in decorating the table, together with any sweets not iced; these are to be served at the moment of eating. *Bonbons*, preserves and confectionery are in place on the lunch table. The bill of fare may range from crackers and cheese and ale, to a *menu* elaborate enough for a little dinner. The formal luncheon begins with *bouillon* or broth served in china bowl-shaped cups standing in saucers, or with a dinner soup served in a soup plate; next come the hot *entrées*, combination salads, terrapin; and then Roman punch and the broiled game with green salad; and last the sweets and fruit. Chocolate is an appropriate luncheon beverage, as also are malt liquors for plain lunches. The luncheon wines are sauterne, sherry, and champagne; or the different summer beverages, such as claret cup and its kindred, may be used; or wine may be omitted altogether, at choice. The formal luncheon is served like the dinner *à la Russe*, the attendant beginning the service with the lady at the right hand of the hostess. The guests' preference is asked in the matter of wine; the plates are changed as at dinner, cold ones being used for salad and dessert; finger bowls are placed with the dessert, after the table has been cleared. When fresh sugared or small fruits are used, they are served in fancy saucers set on a napkin laid in a dessert plate; and a silver knife, fork and spoon are placed beside the plate as it is laid upon the table by the waiter. Ice creams and ices served in small paper cases are also placed upon a napkin in a dessert plate. Berries are eaten from the stem or with a spoon; cut sugared fruits with a spoon; melons with knife and fork or a spoon, according to their solidity; grapes are eaten from the fingers, and care is taken to delicately place the seeds and skins upon the plate. Hard cheese is eaten with a fork or from the fingers; the soft, rich kinds may be put upon a biscuit or piece of bread with the knife, and so lifted to the mouth. Salads are eaten with the fork, a knife being used to divide them. At the earlier stages of the repast, the fork is used for *croquettes*, vegetables, fish and small carved *entrées*, the knife being used only when absolutely necessary for cutting.

Luncheon favors, which are to be carried away by the guests, may consist of *bonbonnières*, fans, little bags or baskets, flowers in fancy holders, bouquet pins, *menu* holders when there are bills of fare, or any pretty trifle.

The invitations to small luncheons may be written on the ordinary note paper, or engraved in script on cards when the affair is to be formal.

The following is a good *menu* of a luncheon of moderate size:

BILL OF FARE.

Bouillon.
Lobster Chops with Tomato Sauce.
Cucumbers. Olives. Radishes. Crackers and Cheese.
Mayonnaise of Chicken. *Vol-au-vent* of Oysters.
Breast of Grouse broiled, with Orange Salad.
Lettuce Salad. Roquefort Cheese. Toasted Crackers.
Bavarian Cream. Noyeau Jelly. *Tutti Frutti.*
Chocolate. Fruit. *Bonbons.*

Afternoon Receptions.

The double motive of securing the visits of pleasant friends and of massing together such tedious ones as might be unwelcome, leads many ladies to choose a day for the reception of visitors. The time is specified upon the visiting cards which are used with those to whom one desires to be "at home." The form may be "*At home Wednesdays,*" "*Wednesdays,* 4 *to* 6," or when it is desirable to limit the time, "*Wednesdays in December*"; the day, hour or month being chosen with reference to other social duties or occupations. Very often married ladies invite some young friend to receive with them, and in that case the young lady's name appears upon the card of the hostess:

Mrs. ______________________

Miss ________________

At Home.

Wednesday, December Second, from Four to Six.

29 *West Forty-first Street.*

The receipt of a card bearing a date like this is an invitation to the recipient; if the hour named is in daylight, the costume called for is a quietly elegant carriage toilet or walking dress, with an appropriate bonnet and wrap. Cards are not left by the callers unless there is a card receiver in the entrance hall; in that case the card is left there when the guest departs. As the servant opens the door, the visitors pass at once into the drawing-room, where the hostess receives; her dress should be a fresh but not too elaborate home toilette. Callers are not necessarily introduced, but they are at liberty to chat with each other, because discrimination in the distribution of cards is taken for granted, and the hostess must manage to entertain all with equal attention; in order to assist the hostess in this rather difficult position, the call should be short. If it is impossible to call upon set days, the visitor should be content to leave her card, as only decided intimacy warrants a request to see a lady except upon her "days." When refreshments are served at these afternoon receptions, they should be quite simple; a few fancy biscuit or *petit-fours*, with wine or cordial, may be upon a a side table where one of the ladies of the family presides, or they may be passed upon a small salver by a maidservant. Cake and lemonade, or very dainty sandwiches and tea, may be used with discretion; in any case the refreshment must be light, otherwise the reception takes on the appearance of a kettledrum.

Afternoon Teas.

The pleasantest of all informal social gatherings are those known as teas, high teas and kettledrums; sometimes they take their name from some special characteristic, such as the color of the tea equipage or of the napery or the flowers, lovely effects being possible. The hostess invites a few friends, either verbally or by an informal note; or, when these entertainments are to be frequent, she may save herself trouble by having a card engraved in script, with blanks for dates:

Mrs. ______________________________

Wednesday, ____________________

Tea at Five o'clock.

No. 5 *West Twenty-third Street.*

When young ladies receive, their names appear on their mother's card; if the mother is dead, upon the father's card, and the card of the chaperone who is to assist them is sent at the same time. The invitations are given about three days in advance, and should receive the courtesy of a written answer; after the tea a card should be left within two or three days by those invited as well as by the guests, unless the latter are intimate, when the call may be omitted, but the tea must be returned in due season. The hostess usually invites friends, or those whom she knows wish to become acquainted. The proper toilet is the same as for afternoon receptions. If the tea table is large, it may be laid with an embroidered cloth with napkins to match; ornamented china and flowers may be used. Where the large table is used, and there are several ladies to assist in entertaining the guests, they may be seated at it; but when the hostess presides alone, it is more convenient and pleasant to have the tea served from a side table by the servants, to little tables placed near groups of guests in different parts of the room. Some of these little tables are provided with an under-shelf which is available for an extra plate or cup. The ornamentation of the small tables is often beautiful in the extreme, as they are a favorite medium for displaying the skill of the hostess in embroidery, or her taste in the choice of harmonious surroundings.

Some teas take their title from a speciality of ornamentation; for instance, at a pink tea the prevailing color in table linen, china and flowers, would be pink; at a rose tea, rose color would exceed, and the flowers would be roses, including a corsage bouquet for each guest, or a choice flower in the winter season; The tea should consist of thin bread and butter, delicate sandwiches and relishes, and some very good tea. The finer brands of Chinese and Russian tea can now sometimes be obtained in this country. A favorite English mixture is one pound of Congo to a quarter of a pound each of Assam and Orange Pekoe; another delicious tea mixture which is sent to Eastern friends from ladies in San Francisco is the Chinese Kettledrum brand. Cake, coffee, oysters or dressed salads may be served if desired; but the table should never be overloaded, or exhibit an ostentatious display.

Family Teas.

At family teas or suppers the table is laid in the same way as for breakfast, except that the tea equipage replaces that used for coffee; unless the tray is of silver, it is now the custom to lay the cups and saucers upon the table cloth, and place the rest of the service toward the right hand and in front of the hostess. The usual dishes are small hot breads, toast, preserves or honey, cake, bread and butter, cheese, with either cold or hot meat, game or eggs in some form. The service is always quiet and informal.

Gentlemen's Suppers.

As ladies entertain their intimates at luncheons, so gentlemen delight in special suppers—fish suppers, game suppers, oyster suppers or general entertainments where the *menu* embraces all the delicacies of the season. As the hostess never appears at these suppers, they can be made absolutely perfect if she is a good housewife. They may either be parties of invitation, the guests being notified three or four days in advance, or *impromptu* when the scope of one's establishment permits a sudden accession in numbers. The hour chosen is generally late, after a card party or a visit to some place of amusement. The table appointments may be the same as for breakfasts or luncheons, according to the service of tea and coffee or wine. There should always be black coffee served from the side table, some flowers and fruit, plenty of light, and wine at discretion or claret or champagne cup in summer. The dishes suitable for gentlemen's suppers are hot and cold *entrées*, the latter being small and highly seasoned, plenty of relishes, salads with *mayonnaise*, shell-fish and game of all kinds, Welsh rarebits and other forms of cheese, crackers, scalloped and devilled dishes, and a few sweets if the party is large. Unless the occasion is some special one, all formality of service is dispensed with, the dishes all being placed upon the table at the beginning of the supper, the hot ones over chafing dishes, and the attendants leaving the room after the first service. Malted beverages may be substituted for wine, or tea, coffee and chocolate used at the pleasure of the guests.

Supper Parties.

At the set supper, whether it follows an evening at the theater or an entertainment at home, or whether it is made the subject of special invitation, the service is either that of the luncheon for informal affairs, or that of the dinner *à la Russe*, in courses with appropriate wines, except that no soup is used, either *bouillon* or stewed oysters replacing it. Oysters in any form and in variety are appropriate at all suppers, except that raw oysters are not usually served at ball suppers. A plain supper may consist of a dish of oysters, a cold roast chicken, and a salad; one wine or punch, or tea or coffee, at pleasure. A hot supper, a little more elaborate, might be of *bouillon*, sweetbreads with peas, asparagus or mushrooms, hot broiled or roasted game, a salad, an ice, champagne and coffee, and some *bonbons*. Still another, more extensive, might be *bouillon*, small hot *entrées* of oysters, sweetbreads, *foie-gras*, and terrapin; game with salad, and a little rich old cheese; then jellies, ices, fruit, coffee, and a *liqueur* or brandy. The best light supper drinks are the different "cups"; the favorite supper wines are sherry, madeira, burgundy and champagne; the winter beverages are mulled wine, egg nog and punch.

At all suppers the host takes the most distinguished or the oldest lady present to the supper room; the guests follow without any special precedence; and the hostess comes last, having with her the guest to whom she wishes to pay the most attention. The servants do not leave the supper room unless all the dishes are placed upon the table at once: in that case, they may be dismissed after the first service of the guests.

Evening Parties.

At evening parties where the entertainment is dancing or music and conversation, the refreshment may be elaborate or simple, as the hostess chooses; cake, chocolate, and ices are suitable, or sherry and biscuit, or a bowl of punch and little cakes; or a table may be arranged with white linen, flowers, fruit, salads, and cold *entrées*, ice cream and cake, ices, punch, egg nog, tea, coffee, wine, claret cup or champagne, as one's inclination or means dictate. From the simplest to the most elaborate the range is permissible, always with the intent to escape vulgar profusion. The collation may be served at any hour after ten o'clock if there is a set table; or it may be upon a side table if simple, to be partaken of at the desire of the guests.

Cinderella Parties.

The popular English entertainments called Cinderella parties are simply evening dances beginning at an early hour, say nine o'clock, and ending at midnight. The dress, refreshments and etiquette are the same as for ordinary evening parties. The invitations are "at home" cards, with the hour and date written in, and "Cinderella Dancing" written or printed in one corner, at the choice of the hostess; the invitations are sent out at a length of time in advance corresponding to the importance of the entertainment.

Card Parties.

These parties are good amusements for evenings in autumn and winter. They are usually composed of intimates; the entire service is informal, and very little of the burden of entertainment falls upon the hosts. And only the lightest of refreshments are necessary: they should be of such nature as to admit partaking of them without interfering with the games; either sherry and biscuit, claret cup, or tea and coffee, with little cakes, or ale, crackers and cheese, are suitable and sufficient; they may be served from a side table, or placed upon little tables near the guest as at afternoon teas. Claret cup is made either in a fancy flagon or pitcher of glass, or in a large silver "loving cup" holding over a quart, made in the form of a high vase, richly engraved and decorated; when the beverage is drunk as a "loving cup," a large, fine white napkin is placed in one of the handles for the purpose of wiping the edge of the cup after each guest drinks from it. When cards are objectionable, dominoes, checkers, or chess may replace them; the purpose of all such games being social amusement.

Calling During Entertainments.

When a chance caller arrives at a house while any entertainment is going on, to which guests have been invited, it is perfectly permissible for the hostess to be "not at home"; this excuse, given by the servant at the door, should never be made a subject of social comment or offence, because the hostess has a right to decide what friends she shall select to partake of any form of pleasure, or for the discharge of her social obligations.

New Year's Receptions.

These once favorite receptions are gradually falling out of use, but a few hints may be given for those who wish to pursue the old custom. It is quite proper to offer only hot coffee and a sandwich; or one wine and a plain cake or biscuit; a bowl of punch, a tureen of hot *bouillon*, and a salad and some cold game or a *galantine;* or hot oysters or terrapin and maderia—any of these are suitable; but the service should be simple in the extreme, one maid attending at the table or sideboard. At the door a maid or a man may attend. The caller upon entering sends in his card, unless he is a rather intimate friend, in which case he enters the drawing-room at once, and leaves his card when he departs, upon the card receiver in the hall. When ladies do not wish to receive, a small basket is placed outside the door for callers to drop their cards into.

Wedding Receptions and Breakfasts.

The invitations are in the name of the parents or of the surviving parent, engraved in script upon note paper. The prevailing form is:

*Mr. and Mrs.*____________________

request the pleasure of your company at the
Wedding of their Daughter

________________*to*________________

at the Church of the Trinity,

on Wednesday, February Fourteenth,

at One o'clock.

The cards of the bride and bridegroom are enclosed with the invitation to the wedding; the invitation to the reception or breakfast is engraved upon a separate card, and enclosed in the same envelope. The invitations to wedding breakfasts are sent out two weeks in advance, and the reply must be as immediate and formal as for a dinner. At wedding receptions, a servant should be at the door of the drawing-room to announce the names of callers, whose cards, bearing an address, must be left in the hall; gentlemen leave their hats in the hall when there is a breakfast. Invited guests must either attend the reception, or send cards within ten days, call personally within the season or the year, and if possible entertain the newly wedded pair within three months. At a reception, the refreshments may be a cake and one wine, but no tea or coffee is served even at a full breakfast. The wedding breakfast may consist of *bouillon*, wine at choice, salads, small game, shell-fish, ices, creams and jellies; the wedding cake is set before the bride, who cuts the first slice; boxes of the same kind of cake are upon the table for the guests to take, but they are no longer sent out. The ladies wear their bonnets to wedding receptions and breakfasts, and when the room is limited the breakfast is usually a "stand-up" affair.

After the return from the wedding tour, the bride and groom are given dinners at the houses of both their families and of the bridesmaids. They need not entertain in return, except by set reception days; then the refreshments may be tea and cake upon trays or little tables, or the service of a high tea or a kettledrum.

For silver and golden weddings, the entertainment may be simple or elaborate, at the wish of the hosts. The invitations are "at home" cards, with date and "Silver Wedding" engraved upon them, or they may be in script on note paper. Among the collation there should be a wedding cake containing a ring.

When introductions take place at any entertainment, the hostess should introduce the younger to the elder, and the least distinguished person to the celebrity, first being sure that the introduction is desired by both parties. At large teas, receptions and garden parties, general introductions are out of the question; but the guests are at liberty to converse without them: they do not necessarily involve themselves in future intercourse thereby, nor do they by watering-place introductions unless they are desired.

Country House Parties.

The entertainment of guests at country houses demands much more hospitable feeling and versatility of attainments than the courtesy of city party giving, which taxes the host for only a few hours. To the pleased guest at a country house, the agreeable visit may easily lengthen into weeks unless a limit has been set in the invitation; but what seems to him an unbroken round of natural pleasures may have severely taxed the hospitable ingenuity of the entertainer, so that a visit should never be extended unless the guest has every assurance that it is desired. All enjoyment under such circumstances depends upon the prevalence of harmony of taste and feeling among the guests; for, despite the fact that many outdoor amusements and occupations engross them during the day, every evening reunites them. If their selection for a three-hour dinner requires tact and thought, how much more is demanded when the arrangement is for the long and informal association which country life implies!

In inviting guests to a country house, the date and duration of the visit should be defined; and when the invitation is accepted, the hostess should at once advise the guest of the most convenient way of reaching her house, giving the hours for trains if the expected arrival is to be by rail, and having the carriage at the depot upon the arrival of the train, unless the party of guests coming at once is very large; in that case etiquette does not require the hostess to send carriages if there are any public conveyances, although it is a graceful courtesy to do so. It is not imperative to welcome the guests at the station, but the hostess should, if possible, be at home when they reach the house; if they come in turn, after the departure of others, and if she is absent from the house pending the entertainment of resident guests, she should see that all preparations are made for the comfort of the latest comers, and should order tea to be served in their rooms at once. It is allowable for guests to refresh themselves and rest before joining the company below stairs, but only illness is a plea for the absence of either guests or hostess from the dinner table. Before the dinner hour the hostess should be in the parlors to receive the guests, and introduce them to each other; and she should designate companions in specifying the order of entering the dining-room, unless the party is a family one, when all formality may be dispensed with.

After dinner, the evening's amusement should be so planned by her as to throw congenial people together, and to allot to each one that share of the general entertainment best suited to his or her capacity or accomplishments; for in such assemblies the pleasure of all often depends upon the talents of individuals. Books, musical instruments, games and various devices for social amusement are plentiful and varied, so that no hostess need be at a loss for aids to her hospitality. When bedtime arrives, the hostess should give the signal for retiring. In the morning she should preside at the breakfast table for about an hour, after which she may leave the late comers to the care of the servants, and devote herself to the pleasure of the guests who first join her, until personal or household matters demand her attention. Unless the house party is large, all the guests should endeavor to be at the breakfast table with some degree of punctuality; but the breakfast should begin at its stated hour. Letters and papers may be glanced at during the meal if the party is large enough to be redeemed from stupidity by such proceeding, but it shows a lack of courtesy to center one's entire attention upon a book during any repast when others are present at the table.

After luncheon the hostess must devote herself to her guests until it is time to dress for dinner; that is, she must devise some scheme of pleasure in which all can join, or see that individuals have some pleasant occupation offered. But in no case need she burden herself with undue care; after once having made sure that she has placed enjoyment within the reach of her guests, she may leave them to avail themselves of it, or to rest, as best contents them. On Sunday the hostess should accompany guests to church, when they desire to attend divine service, preceding them up the aisle, and standing by the pew door until they are seated. When the guests are ready to terminate their visit, the hostess should be in the parlor in ample time for them to make their farewell and reach their train without haste.

LAYING AND SERVING THE TABLE.

The relative convenience of different shaped tables has been referred to. Decidedly, the square and round tables are the most desirable; because, placed in a circle or nearly facing the host, no guest is given precedence except those who occupy the seats of honor at the right hand of the host and hostess respectively. If the shape of the room will not admit of the use of a round or square table, a good effect may be produced by placing the host and hostess at opposite sides of the long extension table, facing each other; this position draws the entire company relatively nearer their entertainers and those in whose honor the feast is given, and so increases both interest and enjoyment.

It has become the custom, in laying a table, to avoid uniformity of decoration in all matters except the massing of a few choice varieties of flowers—unless a "pink dinner," or some such entertainment, is being given, when the purpose is to emphasize some special color; then the china, glass, flowers, lamp or candle shades, and even the ladies' costumes, take on the prevailing tone of color. Details of these effects are given elsewhere in the book. Of course the laying of all the covers must be uniform; and it is agreed that the service of a dinner is facilitated, and the general effect heightened, when more than one set of silver and cutlery is laid at first. There are so many dainty forms of such table service, that a well-laid cover becomes a beautiful picture, especially when the table is large enough to admit of the proper placing of the various aids to the guests' comfort and convenience. Whatever form of service is chosen for the dinner, the articles used in good houses, in laying each cover, consist of the napkin, a dinner roll or a thick, small cut of fresh bread, the necessary cutlery and silver, the water tumbler and glasses for the different wines when wine is served, and, at convenient intervals, receptacles for the condiments, and iced water or ice. Individual salt cellars are in vogue, but several larger silver or cut-glass ones may be placed upon the table, as well as some unique and pretty pepper casters of metal or china. The salad oil and vinegar are in double cruet stands upon the table, or on the sideboard ready to be placed upon the table when the salad is served. The table sauces are put on the sideboard until required, being left in their original bottles. The large table caster is a thing of the past, and is banished even from the sideboard unless it is really an ornamental piece. Individual water bottles, with tumblers to cover them, are much favored, because of their convenience to this water-drinking nation. Dishes of broken ice are permissible at small dinners. The water bottles may be filled with ice and frozen without much trouble, according to directions given later on. Some caterers make a specialty of supplying these frozen *carafes.* The number of wine glasses is, of course, regulated by the variety of wines to be served; this point will be amplified later.

Extra knives, forks and spoons are upon the sideboard, ready to be placed by the attendants, between the courses; the oyster fork is upon the plate with the shell-fish, or is laid when they are served. When butter is served, as it often is in this country, a small plate and a special knife are placed for it. A nice idea for family dinners, or luncheons, is to use a small plate, about the size of a saucer, upon which the butter can be placed, together with the bread and the salt when large salt cellars are used. The teaspoons are upon the sideboard, to be placed upon the table when required. Small spoons are needed when coffee is served in little cups used after dinner for black coffee, or *café noir.* When there is not an abundance of silver, there should be, in a room adjoining the dining-room, all the conveniences for quickly washing and drying it, *i.e.*, hot water, soap and soft towels; a small piece of washing soda dissolved in the hot water will thoroughly cleanse the silver from any odor or taste of food.

Uniform color has been indicated for the general table equipage; but if the table is large enough to admit of more than one group of flowers or colored china, they should differ far enough to produce a contrast; and a change, however slight, should be made at every repast. At all seasons, flowers make a charming variation in the appearance of even the most simply laid table; and variety at the table is a great charm, quite as necessary to the enjoyment of the repast as is a good choice of dishes. Especially in the spring and early summer, the appetite is so capricious that it can be affected by such trifles of service as light and color. The perfect hostess will not despise even trifles, where the enjoyment of her guests is concerned.

The lighting of a dinner table is of importance. The pleasantest light falls from candles or lamps, which should be so placed as not to incommodate the diners. Lamps are sometimes suspended over the table, as are gas fixtures. Side lights are apt to cross the light so that it is unpleasant; if they are used, they should be shaded. When it is desirable to give a prevailing tone of color, the lights and their globes or shades will be found most effective auxiliaries.

The table cloth for all dinners should be white, and without perceptible folds or creases. It is not always easy to accomplish this triumph of laundry work in small establishments; but it is possible if the cloth is carefully ironed, and rolled at once upon a long, round piece of wood like a curtain roller. As has been already said, the pretty fashion prevails of laying a strip of bright-colored plush or satin down the middle of the table, with a vine or smilax or ivy along the edges; as variation, a strip of wide, very open lace, of a definite pattern, laid over a piece of satin, silk or cambric, is sometimes employed. In arranging the table decorations upon and near this bit of color, due regard to harmony must be observed. The table napkins should match the pattern of the cloth, and be large and square; they should be folded, and so placed that the guest will not be exposed to any awkwardness in using them; for instance, if a roll or piece of bread is hidden in one, it may be thrown upon the floor by a careless movement; the dinner bread is best placed at the front or side of the plate, laid upon the napkin, but not concealed by it.

After the ornamental center of the table has been planned (care being taken that it shall not be high enough to obstruct the view of the entire table), and the various dishes placed for condiments, relishes and such small dishes as the chosen service permits—the flowers being kept fresh until just before the dinner is served—each guest's place or cover is laid as follows. Upon the left, a soup spoon and two silver forks, one large; in the center, the dinner plate, upon which the plate of oysters or clams is to be set just before serving the dinner, or, if there is to be no shell-fish, the napkins may be put here with the dinner bread; when the shell-fish is served, the bread and napkin may be laid just above the spoon and forks, together with the salt cellar and water tumbler, or the small *carafe* with the tumbler reversed upon it; at the right of the cover, a steel knife with a pearl or ivory handle for meats, and a silver dinner knife of medium size; sometimes a smaller knife with a silver blade and some fanciful handle is placed to be used for cheese, salad or butter when it is served, as it generally is upon American tables. The disuse of butter at dinner is to be traced to those countries where it is less plentiful than in America, and it is such a useful article of food that it is to be hoped the fashion in question will not generally prevail. When wine is served, the glasses may be symmetrically arranged at the upper right of the cover. When all the dinner wines are used, it is well to have some of the more fragile glasses remain upon the sideboard until they are needed, placing at first upon the table a hock glass for the white wine, a small wine glass for sherry, and claret and champagne glasses, in addition to a goblet for iced water. The glasses should be about four inches from the edge of the table. The glasses for port, madeira, burgundy, and the *liqueurs* should be upon the sideboard, together with extra glasses of all kinds to replace any accidentally overturned or broken.

Also, upon the sideboard or table there should be plenty of fresh napkins, plates and silver, the finger bowls and dishes which are to be used during the dessert, the cups and saucers for coffee, sugar, cigars or cigarettes when there are gentlemen present, and the wines and *liqueurs* which are not iced.

Before placing the dessert, crumbs can be best removed by using a large silver knife; it is better than a brush, which only scatters the crumbs about the cloth and over the floor. In some houses, the old custom still prevails of removing the cloth before the dessert is served, so as to place it upon the polished mahogany table; this implies ample attendance. The table must be bright enough to reflect every glint of light which falls on it; then, in the removal of the cloth, it must be rolled or folded from one end of the table to the other by a servant on either side of the table, and others must be near to assist them by raising and replacing the table ornaments, otherwise the process is awkward and tedious. At best, it involves much reaching over the shoulders of the guests, unless they are seated far apart.

After the crumbs have been removed, or the cloth changed, the finger bowls are put upon the table, and the dessert is served. A small colored or embroidered napkin is laid upon a dessert plate, usually of decorated china, and the glass bowl is set upon the napkin. Sometimes a small glass containing a little perfumed water is set in the bowl; at the end of the dinner this glass is raised to the lips to refresh them, and the fingers are dipped into the bowl. The dinner napkin is used for drying the hands, and is then laid without folding at the side of the plate. Unless at very informal family dinners, fresh napkins are always laid. The embroidered napkins under the bowls are to be placed under them on the table cloth, when the plate is required for dessert. If the dessert napkins are colored and of wash material, they are to be used if fruit is served; otherwise the dinner napkins remain in use. Upon the plate, by the side of the finger bowl, the dessert silver is laid, a fruit knife and teaspoon, and a silver fork if the dessert includes any juicy large fruit such as pears or pineapple. The guest lays this silver upon the table, and places the bowl with the doily under it, within easy reach. If there is a fruit napkin, it is laid ready for use; and, unless a fresh white napkin is served, the dinner napkin remains upon the knees until the end of the dinner; when the white dessert napkin is laid the dinner napkin is to be taken away before the service of the dessert.

When the frozen *carafes* or water bottles are to be prepared at home, the following method will be found easy and satisfactory: Unless small *carafes* for individual use are desired, the ordinary glass ones will answer: the use of cut or pressed glass bottles is attended with the danger of breaking during the freezing. Smooth *carafes* are best, holding about a quart: they are filled with fresh water to the bottom of the neck, and set in a wooden tub containing enough freezing mixture to reach two-thirds up the sides. The freezing mixture is composed of three parts of pounded ice to one of salt. The *carafes* are covered first with a clean cloth and then with a heavy blanket, and allowed to remain undisturbed until the water is frozen. If they are left over night, as they sometimes are in summer, sufficient drainage must be insured to prevent the entrance of the melted freezing mixture to the *carafes.*

FLOWERS AND BILLS OF FARE.

Flowers at Table.

Flowers will probably always hold favor as table decorations, because of their beauty and freshness; but the use of large and elaborate flower stands, or high ornamental figures of sweetmeats and confectionery, *épergnes* or plate, should be deprecated. They obstruct the intercourse of the guests, which to be enjoyable must be unconstrained. In summer, a very effective center piece for the table may be formed by wreathing a block of ice with smilax, ivy or ferns; of course care must be taken to insure perfect drainage, or a sufficiently large receptacle to hold the water must be placed under the ice, otherwise the table cloth will be soiled. The size and shape of the table will decide the degree of ornamentation admissible.

A round table might be arranged somewhat after the following fashion, using only flowers for decoration—in the service *à la Russe* the small dessert dishes and the relishes would be interspersed: A fine cloth being laid, the center of the table would be filled with either a block of ice wreathed in vines or leaves, or a stand of dwarf foliage plants, or a circular bed of flowers of some pronounced color, usually of one variety; next, in the outer circle, contrasting flowers, or small dessert dishes and relishes harmoniously arranged so far as color and form are concerned; and, at the edge of the table, the service of covers. In this plan no calculation is made for placing on the table the different dishes composing the dinner; when the service involves this, space should be left for the dishes, large enough to allow a margin of the cloth to show between the center decoration and the dishes served.

When flowers are not in season, a center may be made of a china figure supporting an open dish for fruits; other fruits and nuts may be dispersed in low dishes around the center piece, and beyond them the small relishes, varied with a few flowers or even leaves.

For a long table, when flowers are not abundant, the strip of colored plush or satin is very effective; it should be bordered with ivy, moss, or any trailing vine; smilax, blackberry vines, woodbine and honeysuckle are admirable for this purpose. When only moss or leaves are used, a few bright flowers or berries, placed at intervals, heighten the brilliancy of the effect. One of the loveliest of long table decorations is a profusely flowering vine of honeysuckle, laid the entire length of the table. Another beautiful center is an oval mass of fruit and leaves, placed low upon the table, the middle of the mound being slightly elevated.

An exquisite summer center piece is a block of ice, wreathed in ferns, with an outer circle of water lilies and their leaves and curling stems. But flowers of pronounced odors are sometimes objectionable. Low dishes filled with violets and pansies are most beautiful when arranged on a white cloth. A low *épergne* or a china figure supporting a basket, either to be filled with fruit and set in a broad circle of pansies, is very beautiful; flat dishes containing the sweets may be sunk among the flowers. Nasturtium vines, with the leaves and flowers, are bright and effective. Of course the queen of all table flowers is the rose, and the variety is innumerable. In flower decoration, there should be one predominating color.

In summer each gentleman is supplied with a *boutonnière*, and each lady with a corsage bouquet. The bouquets are tied with ribbons of contrasting colors, and a large pin is stuck into the cloth for the purpose of fastening the flowers to the dress.

At elaborate entertainments, when it is desired to present the ladies with some souvenir, bouquet clasp pins may be substituted for the ordinary large pin, or the large pin may be made of gold or silver. Very pretty silver pins can be bought for from fifty cents to one dollar, and more fanciful ones and bouquet pins for from one dollar upward, according to their style of ornamentation.

Menus, or Bills of Fare.

In the choice of *menu* cards much taste may be displayed. Extreme ornamentation should be avoided, and the names of the dishes written legibly with ink, either in the center of the ornamentation when space is left there, or upon the plain side of the card. When small cards are used, one should be laid at each plate: this is desirable when the number of guests is large, for then on the reverse of the card can be written the name of the guest who is to occupy the seat. When large *menu* cards are used, one answers for four or five guests. The large cards are more elaborate, and are often framed flat, or set on low ornamental easels. The names of the different wines are to be placed opposite the dishes with which they are to be served. The cook and head waiter should both have a copy of the bill of fare, so that they may know when to serve the various dishes composing the dinner.

The ability to compose a bill of fare judiciously implies taste and discrimination. The fact should always be remembered that a heavy soup will so far cloy the appetite as to render one indifferent to the rest of the dinner, while a clear soup refreshes and prepares one for the enjoyment of the succeeding solids. The fish and *entrées* should not be substantial enough to satisfy hunger entirely; the relishes will then stimulate the appetite for the heavier dishes. The service of Roman punch before the roast refreshes the palate, and prepares for more perfect enjoyment of the succeeding dishes: it is as necessary to the service of a good dinner as cheese is with the plain salad. When olives are on the table, they go well with *entrées* of game; French chestnuts are excellent with poultry; and almonds blanched and roasted, with salt, are enjoyable with madeira or sherry before the sweet *entremêts*. Only a plain vegetable salad should accompany the roast or game, and a bit of any old cheese may be passed with the salad. Cheese straws or cheese crusts may be served with the salad. Although the cheese belongs with the salad, it enters into some delicate dishes, such as *fondus* and *soufflés*, which may come to the table either after the oysters or soup, as relishes, or before the large sweets at dessert, previous to the service of the nuts and fruit. Then comes the dessert, placed as already indicated. If the dinner is small, it is perfectly permissible for the hostess to make the coffee at the table, or it may be served in the drawing-room later.

Even with the best chosen *menu*, the success of a dinner depends on the skill of the cook. A good cook appreciates the value of sauces, and will give much care to their preparation, and, above all, will endeavor to preserve the natural flavors of the different dishes. All mingling of flavors is objectional, except in sauces and salads.

The details of the bill of fare are as follows:

The shell-fish (*huîtres*) includes small raw oysters and Little Neck or hard-shell clams, on the half-shell; at the same time, brown bread cut very thin and buttered, and cut lemons, salt, cayenne and sharp table sauces are placed upon the table.

The soup (*potage*) is varied according to the character of the dinner. If it is choice, no matter how small it is, there are always two soups; one a perfectly clear soup, or *consommé*, and the other a rich thick one, such as a *bisque* or cream. A thick cut of bread, or a roll with crisp crust, is placed upon the napkin when the cover is laid, to be used after the shell-fish.

The fish (*poisson*) may be of any large kind, boiled and served with a good sauce and plain boiled potatoes. If the dinner is large or elaborate, there should be two kinds of fish, one boiled, and the other baked and served with a garnish, or small fish with a sauce and garnish, and some special dish of potatoes, such as Parisienne or Hollandaise. If shell-fish is used here, the dish should be large and hot.

The relishes (*hors d'œuvres*), which are placed upon the table in the American dinner and the service *à la Russe*, include all kinds of table sauces and catsups, salted almonds, pickles, olives, caviare, *vinaigrettes*, small cold *entrées* such as *bouchées* and *pâté de foie-gras*, pickled fish and small tongues, and individual scallops.

The removes (or *relevés*) consist of boiled, baked, and braised meats, poultry and a large game, large veal, ham, game and fish pies, and large cold joints, such as tongue and ham, generally served with a garnish of vegetables ; the remove at a small dinner may consist of an elaborately dressed cold fish, if the regular fish service be omitted.

The side dishes (*entrées*) are the small hot meats garnished, such as cutlets, chops breaded or larded, steaks with sauces garnished, small meats and poultry larded, sweet breads garnished, *fricandeaux*, *fricasées*, *ragoûts*, *escalopes*, all hot ; hot raised pies, *pâtés*, and *rissoles*, combination salads or vegetables, salads with *mayonnaise*, such as chicken and lobster ; in brief, any dish in size less than a joint or a roast.

Roman punch (*sorbet*). There are many delicious ices served under the general name of Roman punch, all having a combination of frozen fruit-sherbet and some fine *liqueur*, cordial, wine or spirit ; served in the midst of the dinner, when the palate needs the sense of refreshment they give, they prepare it for renewed enjoyment, and render it capable of appreciating the intense flavor of the roast and the *bouquet* of the burgundy or champagne that follow them.

The roast (*rôti*). For family dinners, the roast may be a joint of any meat preferred; but for special occasions it should be of venison, larded hare, or some large game bird. If wild duck is served, there should be more than one, because only the breast is carved; when canvas-backs are used, half a breast cut in one piece is served to each guest. Smaller birds, either roasted or broiled, may be served in this course. All game should be underdone. A garnish of watercress or celery is used with birds, and always currant jelly and special sauces with venison and hare.

Salad (*salade*). A green salad is the proper accompaniment of the roast; it may be of watercress, lettuce, celery, chicory, *escarole*, burnet, nasturtium (leaves, fruit, and flowers), corn salad, dandelion, tarragon, fennel, mint, young onions and any of the green sweet herbs; the five first-named varieties are the most generally used. Sometimes tomatoes and cucumbers are served here; but they more properly belong, the cucumbers with the fish, and the tomatoes with a *mayonnaise* among the *entrées*. The best dressing for a green salad is of oil, vinegar, salt and pepper: a salad with *mayonnaise* belongs among the *entrées*, as do the salads of cold cooked vegetables. A little old, rich cheese may be served with the green salad if desired.

Second course side dishes (*entremêts*). After the roast and its accompanying green salad, it is customary to serve hot vegetables dressed with sauces, hot meat, fish or game pies, *croquettes* and fritters with sauces, eggs in elaborate form with sauces, large cold side dishes; and the second course sweets, such as *croquettes*, charlottes, *croquantes*, *timbales*, cold puddings in moulds, hot puddings with sauces, pastries, moulded jellies and creams, *meringues*, *soufflés* and *macedoines*.

Dessert (*dessert*). The dessert consists of the small cold sweets, such as *éclairs*, fancy cakes, *nougats*, confectionery, candied fruits, nuts, individual moulded jellies, ices and creams, *glacés* and *café noir*. When it is divided in two parts, the dishes called *glacés* are served first; these include every sweet which can be crystallized, frozen or iced; after them comes the dessert proper, composed of candied and dry preserved fruits, nuts, *bonbons* and little fancy cakes, or *petit-fours*, and the cheese and coffee.

The English Dinner Service.

In serving a dinner according to the approved English method, the table must first be laid with a cotton-flannel or baize cloth, so that the heat of the dishes cannot affect its polished mahogany surface; even when an ordinary wood table is used, this cloth gives a good body to those laid over it; the dessert cloth of delicately tinted damask is next spread; and above that, one or more white cloths, according to the number of courses which are to be served, the cloth being removed after each course is served. The covers are then laid for the first course, including the necessary wine glasses for the wines to be served during the course; the relishes and condiments for the course are placed, and the flower decorations, which are generally massive. Several dishes placed upon the table at once constitute a course; the largest before the host and hostess, to be carved by them, and put upon plates passed from their left to the left hand of the guests by the waiters. When there is a large staff of servants, the butler, who is in charge of them, makes the first service, and then relegates it to his assistants and attends to the wines. The soups, salads and large sweets are set before the hostess; the large dishes of fish, meat and game, which require carving, are placed before the host; the relishes, vegetables and small sweets are set upon the table, each with its appropriate course, and passed by the servants after the large dishes are served. When two large dishes are served in the same course, the least difficult is set before the hostess. The chief disadvantage of this form of service is that one of the large dishes is apt to become cold before it is served to the guests; and, besides, it requires that both host and hostess should be expert carvers. As each course is finished, the servants entirely clear the table, remove the cloth, and then arrange the table afresh for the next course, as already described in the chapter on Laying and Serving the Table. Sometimes in a dinner of only two courses, the same white cloth serves until dessert, and then all the cloths are removed, and the dessert proper, of fruit, nuts and wine, is placed upon the polished mahogany.

An English dinner of three courses would be divided somewhat after the following method:

FIRST COURSE.

	Native Oysters on Half-shell.
	Brown Bread and Butter.
Punch and Madeira.	Thick Turtle Soup. Green Turtle Clear Soup.
	Turbot with Lobster Sauce.
Sherry.	Boiled Salmon, Anchovy Sauce.
	Cucumbers. Boiled Potatoes.
Hock and Bordeaux.	Lobster Cutlets. Moor Game Pie.
	Filets of Wild Duck, Seville Orange Sauce.
	Vol-au-Vent of Sweetbreads and Mushrooms.

SECOND COURSE.

	Boiled Turkey, Celery Sauce.
Burgundy.	Saddle of Mutton, Currant Jelly. Boiled Sea Kale.
	Jerusalem Artichokes with White Sauce.
Champagne.	Roast Ptarmigan and Pheasants.
	Lettuce Salad.
	Asparagus with *Hollandaise* Sauce.
Old Port.	Nesselrode and Iced Puddings.

THIRD COURSE.

Dessert Sherry.	Fruit Tarts. Noyeau Jelly. *Chartreuse* of Orange.
	Ice Cream. Fruit. Nuts. Cheese. Coffee.

THE DINNER SERVICE.

AS SHOWN ON MENU CARDS.

FRENCH FORM.	ENGLISH AND AMERICAN FORM.
Huîtres.	Small Shell-Fish, uncooked.
Potage.	Soup.
Poisson.	Fish and Large Shell-Fish, Turtle and Terrapin.
Hors-d'Œuvres.	Small Side Dishes and Relishes, cold.
Relevés.	Removes of Boiled and Braised Meats, etc.
Entrées.	Large Side Dishes, hot and cold.
Ponche à la Romaine.	Frozen Punch.
Rôtis.	Meats, Game and Poultry, roasted and broiled.
Salade.	Green Salads.
Entremêts.	Dressed Vegetables. Sweet Dishes, hot and cold.
Dessert.	Ices, Jellies, Ice Creams, etc. Candied Fruits, Nuts, Cordials.
Café Noir.	Black Coffee, *Liqueurs.*

ENGLISH BILL OF FARE.

FOR DINNER Á LA RUSSE.

Blue Point Oysters with Lemon.

SOUPS.

Bisque of Prawns. Clear Soup with *royale* paste.

FISH.

Kennebec Salmon with *Hollandaise* Sauce.
Mountain Brook Trout.
Bermuda Potatoes. Potato *Croquettes.*

RELISHES.

Olives. Caviare Toast. Forcemeat Balls. Radishes.
Celery. Salted Almonds. Small Pickles.

REMOVES.

Tenderloin of Beef, larded, *Milanaise* style.
Saddle of Spring Lamb.

SIDE DISHES.

Pullet, Toulouse Style.
Lamb Cutlets with *financière* garniture.
Cucumbers stuffed with marrow.
Orange-Flower Cream Fritters.

SHERBET.

Roman Punch. Kirsch Punch.

ROASTS.

Turkey with Perigord Truffles.
Pheasants garnished with Snipe.
Salad of Celery with *remoulade* Sauce.

SECOND COURSE SIDE DISHES.

Artichokes with Butter Sauce.
Asparagus with *Hollandaise* Sauce.

DESSERT.

Coffee *bombes.* Fancy *Nougat.* Madeira Jelly.
Candied Violets. Cheese. Coffee and *Liqueurs.*
Frozen Champagne in *carafes.*

The American Dinner.

This form of service combines the advantages of the two already described, and still preserves the genial hospitality implied by the personal service of the guests by the hosts. None of the principal dishes are difficult to serve, and placing them upon the table greatly adds to its pleasant aspect. The vegetables are brought in hot at the moment of service, when the large dishes have been placed upon the table, and are at once passed by one of the waiters. This partial service by the hosts enables the waiter to serve more rapidly. All the dishes are brought to the dining-room door by the cook or kitchenmaid, so that the waiters need not leave the room; and as all the necessary dishes, silver, wine and the little dinner accessories are placed upon the sideboard or in the hot closet before the dinner is announced, there need be no such vexatious delay as occurs when the attendants are obliged to leave the room in search of something required upon the table. This routine, once understood, can easily be carried out, and prevents all confusion; it suits both plain and fine dinners, and enables one well-trained servant to wait upon a dozen guests with ease.

The table is laid as for the dinner *à la Russe*, with the cotton-flannel and the dinner cloth, which may be of plain white damask or as elaborate as the fancy dicates. All the covers, relishes, confectionery and small sweets are arranged in harmony with the decoration of flowers. The *carafes* of iced water, the wines which allow of decanting, and the shell-fish, are placed before the dinner is announced. Directly the guests are seated, the first course of soup and fish, if there is but one service of each, is placed before the host and hostess; when the service includes two soups or two dishes of any course, one is placed before the host, and the other before the hostess, the latter being given that which is the least difficult to serve. When there is a double service, there must be two servants at least. As each plate is supplied by the host, the servant takes it from the left hand, and carries it to the left of the guest, together with the appropriate vegetable or relish. When wine is used it is poured from the right hand of the guest, in the intervals of service of the different courses. Directly all the guests are served, and the host has taken a portion from any dish, it is at once removed from the table and replaced by the succeeding course. As each guest signifies his readiness to have his plate removed—and he does this by laying the knife and fork side by side across the middle of the plate, with the handles to the right—the waiter takes it away, and replaces it with a hot plate and another knife and fork appropriate to the coming service, unless these are already upon the table. The knife and fork are upon the plate, and the guest at once lays them upon the table. As the waiter brings a plate containing a fresh service, he takes the guest's plate back to the host. After a vegetable or hot sauce has been passed, the dish containing it is set upon the sideboard, ready to be taken away. In a dinner of several courses, it is unusual for a guest to ask for any dish a second time; but at a small family dinner the sauces and vegetables may be placed upon the table until the course to which they belong is removed. The plates of the host and hostess are taken away at the conclusion of each course.

When the dessert is reached, all the glasses are taken away except the water tumbler and the glass of the wine which the guest chooses to use during dessert; and the crumbs are removed from the cloth, with a broad-bladed silver knife, to a plate or small salver held in the left hand of the waiter. The knife is better for this purpose than a crumb brush. The dessert plate, containing a finger bowl and dessert knife and fork, is then set before each guest, who at once removes the finger bowl and its doily, and the knife and fork, to the table; leaving the plate ready for the waiter either to take to the hostess, or for use for the small sweets. Coffee can be served at table or in the drawing-room, and tea an hour after dinner, to the guests who remain, or to others who arrive when an evening at home follows the dinner.

The bill of fare following comprises a double service; except in the courses composed of terrapin and canvas-backs, when it would be gastronomic heresy to suggest the choice of any other dish. When either of these dainties is not available or is not desired, they can be replaced by any chosen *entrée* or roast. A *mayon-*

naise sauce should be upon the table, with the choicest white celery, to use with canvas-back. When the abundance of duck permits half the breast to be served to each guest, the matter is simple; but when the supply is limited, the carving becomes a fine art. Then several deep cuts should be quickly made on each side of the breast, down to the bone, but no slice removed until all are cut, for a point is made of serving canvas-back very hot; the small bit of flesh called the "oyster" in poultry, which lies in a little hollow of the backbone, between the leg and the wing, is considered by epicures the most delicious morsel in the entire bird. The use of melon at an early stage of the dinner is of course optional; but either pineapple iced and without sugar, canteloupe or watermelon is refreshing after a heavy soup or fish; and both the latter make delicious salads, either with plain salad dressing or with *mayonnaise*, as also does choice Florida grape-fruit. In many of the larger cities the tropical fruit called the alligator pear is sold; it is a favorite salad in the East and West Indies combined with *mayonnaise*, and is eaten with lime juice or wine and sugar at dessert.

BILL OF FARE FOR AMERICAN DINNER.

Sherry and Madeira.	Blue Points, or Little Neck Clams on the half-shell.
	Lemon, brown bread and butter.
	Cream of Fresh Mushrooms. Terrapin Clear Soup.
	Cantaloupe or Pineapple.
	Broiled Pompano, Cucumber Sauce.
Chateau Yquem.	Fresh Salmon, Shrimp Sauce.
	Bermuda Potatoes.
	Olives. Salted Almonds. Cheese Straws.
Claret.	Breast of Spring Chicken with Cauliflower, Hollandaise Sauce. Cold Boned Squabs with Orange Salad.
Madeira.	Maryland Terrapin.
	Champagne Ice.

CHAMBERTIN.	Canvas-back Ducks, Forest City Sauce. Celery. Fried Hominy. Lettuce Salad with Roquefort Cheese. Broiled Fresh Mushrooms. Asparagus with *Mayonnaise*. Cabinet Pudding with Rum Jelly.

DESSERT.

	Cream Meringues. Candied Pineapple.
CHAMPAGNE.	Philadelphia Ice Cream with Canton Ginger.
	Nuts. Crystallized Fruits. Cheese.
	Black Coffee. Cordials.

Although the double course is given in all these bills of fare, it is neither imperative nor advisable except for large dinners: a simple, well-chosen *menu* of a few favorite dishes, one or two delicate wines when they are desired, or, for a family dinner, cider or some light malt beverage, will often prove more acceptable than an elaborate repast. An excellent little dinner, possible at any season, may be arranged somewhat as follows: several dishes are named for each course, so that the choice may be made of such dishes as the market affords. Wines are named, but, as already indicated, their use is entirely a matter of choice.

SOUPS.

Stock for all Kinds of Soup.

Spread your soup pot with four tablespoonfuls of butter, lay on it next the meat, either a knuckle of veal or beef (or both together for the finest kind of stock). Add a cup of cold water, two tablespoonfuls of salt, three middle-sized onions with two cloves in each, one turnip, one carrot, and one-half a head of celery (if you have it). Put the cover on the pot, and occasionally stir it, until the bottom is covered with a whitish glaze, then fill up the pot with cold water, and when upon the point of boiling draw it to the side to simmer long enough to jelly. Strain while hot, and vary as suits yourself when serving. To two gallons of water about six pounds of veal or seven pounds of beef is the proper allowance. To make the stock very clear, put it, after straining, over the fire, skim well, and when boiling have ready the whites of three eggs whisked well in a cup of cold water. Add to these a cup of the boiling stock, still beating; then whisk the stock while pouring in the eggs, continue the beating until it is almost on the boil, remove it from the fire, let it remain a few minutes, when strain.

Calf's Head Soup.

Take the head, heart, liver and feet of a calf; put them in a pot, and cover with water; boil until very tender, removing the scum; peel the tongue; separate all the meat from the bones, and cut it into square pieces. Keep the brain with it. Pour the water into a dish, and put the kettle over the fire dry. Dredge the pot well with flour; rub three-quarters of a pound of butter on the flour, and let it brown, taking care that it does not burn; then add onions chopped very fine. Let them fry a little, then add the meat in layers, with ground black and red pepper, salt and cloves. Fry slowly on the back of the stove until all is well browned, stirring frequently; then add the water that the meat was boiled in. Boil five or six eggs hard. Separate the whites from the yolks. Chop the whites very fine, and put them in the soup. Put the yolks in a tureen with claret or port wine, a little nutmeg, one sliced lemon, and forcemeat balls. The lard that these are fried in is also to be added to the soup. Boil one-half hour; then pour on the ingredients in the tureen. This soup will keep in winter several days. The forcemeat balls are made with chopped veal, pork, onions, bread crumbs and eggs. Season with pepper and salt, roll in flour, and fry in lard. The shank bone, from which the meat is cut to make these balls, may be boiled with the head.

Beef Soup.

Four pounds of the best part of the shin of the beef to three quarts of cold water. Let it come to a strong boil. Skim until no scum rises. Scrape and wash two large carrots and slice them. Add two large onions, sticking cloves in one of them; one tablespoonful of salt, parsley, one-half a turnip; if you have celery, the tops or waste pieces improve the soup very much, or a teaspoonful of celery seed tied in a fine piece of muslin. When the soup boils up, set it on the back of the stove, where it will simmer constantly for six hours. Then strain the onions, and put them in the oven until they are black, and add to the soup to give a nice color. It is best to make the soup the day before, as you can better strain all the fat off. When the soup is boiled enough, strain it through a hair sieve; and when ready to use, boil rice or vermicelli in it for a few minutes.

Beef Bone Soup.

Boil beef or mutton bones about twelve hours, with one onion, one turnip, one carrot, and celery. Strain it, and the next morning it will form a jelly. Add peas, barley, rice or vermicelli.

Ox Tail Soup.

Make as above, straining the vegetables out. Put the soup back into the pot. Mix, for thickening, one pint of flour and water, season with pepper, salt and a little cloves, stir this all into the soup, and let it boil one-half hour. The ox tails are dressed and put in instead of the shin.

Vegetable Soup.

Cut your vegetables to suit your taste, put them in a stew pan with two tablespoonfuls of butter and a teaspoonful of powdered sugar, place it upon a sharp fire for about ten minutes; do not allow the vegetables to get brown, but just covered with a thin glaze, when pour two quarts or more of clear stock over them, and when upon the point of boiling, draw it to the corner to simmer until the vegetables are quite tender, and then serve. About one-half hour's simmering will generally do. The usual allowance of vegetables is one-half a pound of cut vegetables to two quarts of stock.

Purée Vegetable Soup.

Cut finely three onions, three turnips, one carrot, and four potatoes, which put into a stew pan with four tablespoonfuls of butter and a little parsley. Let it cook for about ten minutes, when add one tablespoonful of flour. Mix it well in, and then add two quarts of stock and one pint of boiling milk. Season with a little salt and sugar. Stir until boiling, when pass through a sieve, and serve with small pieces of fried bread.

Mutton Soup.

Boil a leg of mutton three hours. Season to your taste with salt and pepper; add one teaspoonful of summer savory. Make a batter of one egg, two tablespoonfuls of milk, and two tablespoonfuls of flour, all well beaten together. Drop this batter into the soup with a spoon, and boil three minutes.

Green Corn and Tomato Soup.

Take about eight or ten pounds of soup meat, and put over the fire in cold water, skimming it well before it boils. Let it boil two or three hours. Then cut the corn from twelve ears of sweet corn, and put the cobs into the boiling soup, allowing them to remain until all of the sweetness is extracted; then take the cobs out and put in the corn and about two quarts of tomatoes (after they are peeled and cut), two medium-sized onions, and two carrots chopped. Season with pepper and salt just before serving. A dumpling may be added, made with one half-pint of sour milk, one egg, one teaspoonful of saleratus, flour and a little salt. Drop by the spoonful into the boiling soup.

Tomato Soup.

For one gallon of soup take three quarts of good beef stock, one medium-sized carrot, two small onions, one turnip, and one beet cut fine. Add three quarts of tomatoes; boil one hour, and strain through a sieve; then put five ounces of butter in a stew pan, beat until it becomes a light brown, take from the fire and add three tablespoonfuls of flour. While hot, mix well and add to the boiling tomatoes. Season with pepper and salt, and add one dessertspoonful of sugar. Place over the fire again, boil five minutes, and skim.

A Soup without Meat.

Boil ten good-sized potatoes until soft enough to mash. Boil three pints of milk, and stir into it one-quarter of a pound of butter, a little salt and a little mace or nutmeg. Pour this over the potatoes, stir well, and strain through a sieve until smooth. Stir it over the fire again until it boils. Then pour, boiling hot, into a tureen, in which should have been laid six Boston crackers cut in half and toasted.

Clam Soup.

Fill a two-quart saucepan with clams in the shells (long clams are best). Wash the clams first in three waters, until the shells are very clean. Fill up the saucepan with cold water. Let it boil until the clams open. Pour off the water, and strain it through a fine strainer and put it aside to make the soup. Throw the clams in cold water. Pick out the soft part for use. One-half hour before dinner, put the liquor on the fire, and when it comes to a boil stir in, until very smooth, a piece of butter of the size of an egg, mixed with one tablespoonful of flour. Add mace, salt, pepper and one cup of milk or cream. Boil one-half hour, or until the flour is cooked. Put in the clams to get hot. Take off the fire. Stir in two beaten yolks of eggs. Do not allow it to boil afterward, or it will curdle.

Mock Clam Soup.

One pint of beans to one gallon of water, boil and then strain, then add one small onion, summer savory, a piece of butter as large as two eggs, one teacup of cream (or one pint of milk). When boiled, toast two slices of bread and cut them in small pieces. Slice four hard-boiled eggs. When ready to serve, pour the soup over the bread and eggs.

Parker House Soup.

Three quarts of stock, two quarts of tomatoes, four ounces of butter, four tablespoonfuls of flour, one beet, one turnip, one carrot, and one onion sliced. Boil three-quarters of an hour.

Veal Soup.

Cut a veal shin into small pieces and fry it with an onion, add water in sufficient quantity, put in one tablespoonful of mixed cloves and allspiece (ground), salt and pepper to taste. One-half hour before serving add one tablespoonful of butter mixed with flour, put the yolks of hard-boiled eggs in the tureen, one for each plate.

Rice Soup.

Take a leg of lamb of moderate size; wash it and put it into four quarts of cold water; just before it begins to boil, take the scum off carefully with a skimmer. If this be neglected and the scum boils in, then strain the liquor, and return it to the kettle. When it boils again, add about two-thirds of a cup of rice; season to taste with black pepper and salt. Add one-half of a cup of sweet cream just before serving, and let it boil up once. This soup requires about three hours to boil.

Pea Soup.

Soak the peas over night. In the morning put them over the fire in cold water, and parboil. Then throw off that water, and pour boiling water over them. Add one medium-sized onion chopped, and celery cut fine (if celery cannot be had, use celery seed tied in a piece of muslin). Boil constantly five or six hours, stirring frequently to prevent burning. Season with pepper and salt just before serving, and strain through a colander, mashing the peas. Boil in another kettle a piece of salt pork, and about half an hour before serving add this to the soup. If the soup is too thick, add boiling water. Serve with pieces of the pork cut fine, and small squares of toasted or fried bread.

Asparagus Soup.

Take some asparagus, and boil until it is well boiled to pieces. Then strain off the water; add milk, pepper and salt. Let it boil up. Chop some parsley fine, and put it in the tureen. Pour the liquor on, and serve.

Vermicelli Soup.

To five quarts of water allow a slice of corned ham, one pound of veal and four pounds of lamb. Cut the meat up small, cook slowly until the meat is very tender, season with a bunch of sweet herbs, a slice of onion, salt, and if you desire put in a spoonful of

Worcestershire sauce. Boil all this ten or fifteen minutes, strain through a sieve, put back in soup kettle. In the meantime have one-half pound of vermicelli or macaroni broken in small pieces, and boiled in clear water for twenty minutes. Drain and add this to the soup, boil up and serve.

Soup Balls.

Mix together cracker crumbs and butter into a firm round ball. Drop into the soup a short time before serving. This is very nice for chicken broth.

Noodles for Soup.

One tablespoonful water, one pinch of salt, one egg. Stir in all the flour it will take. Roll as thin as you possibly can, let it lay on the mixing board and dry, then roll it up like a jelly cake and slice off as thin as possible. They will cook in twenty minutes.

Vegetable Soup.

Simmer together slowly for three or four hours, in five quarts of water, a quart of split peas, a slice of carrot, a slice of white turnip, one cup of canned tomatoes, and two stalks of celery cut into small bits. When done, rub through a colander, add milk to make of proper consistency, reheat, season with salt and cream, and serve.

Tomato Cream Soup.

Heat two quarts of strained stewed tomatoes to boiling; add four tablespoonfuls of flour rubbed smooth in a little cold water. Let the tomatoes boil until thickened, stirring constantly that no lumps form, add salt to season, have ready two cups of hot rich milk or cream. Add the cream or milk and let all boil together for a minute or two, then serve.

Split Pea Soup.

For each quart of soup desired, simmer a cupful of split peas very slowly in three pints of boiling water for six hours, or until thoroughly dissolved. When done, rub through a colander, add salt and season with one-half cup of thin cream. Reheat, and when boiling, stir into it two teaspoonfuls of flour rubbed smooth in a little cold water. Boil up until thickened, and serve. If preferred, the cream may be omitted and the soup flavored with a little celery or onion.

Sweet Potato Soup.

To a pint of cold mashed sweet potatoes add a pint and a half of strained tomatoes, rub together through a colander, add salt to season, and half a cup of cream. Reheat and serve.

Tomato Soup with Vermicelli.

Cook a cupful of broken vermicelli in a pint of boiling water for ten minutes. Turn into a colander to drain. Have boiling two quarts of strained stewed tomatoes, to which add the vermicelli. If preferred, the tomatoes may be thickened slightly with a little corn-starch rubbed smooth in cold water before adding the vermicelli. Salt to taste, and just before serving turn in a cup of hot thin cream. Let all boil up for a moment, then serve at once.

Vegetable Oyster Soup.

Scrape all the outer covering and small rootlets from vegetable oysters, and lay them in a pan of cold water to prevent discoloration. The scraping can be done much easier if the roots are allowed first to stand in cold water for an hour or so. Slice rather thin, enough to make one quart, and put to cook in a quart of water. Let them boil slowly until very tender. Add a pint of milk, a cup of thin cream, salt, and, when boiling, a tablespoonful or two of flour rubbed to a cream with a little milk. Let the soup boil a few minutes until thickened, and serve.

White Chicken Soup.

One-quarter pound of cold chicken, two quarts of white stock, yolks of two hard-boiled eggs, one quarter pound sweet almonds, a shred of lemon peel, a slice of dry bread, a blade of mace pounded; one and one-half cups of cream. Add to the almonds a spoonful of water and pound to a paste, pound the meat and bread together, add the almonds to it, beat all together, then add the mace and the chopped lemon peel; heat the stock to boiling and pour over the mixture, simmer for an hour, mix the cream and eggs together and add to the soup, let it boil up, and serve at once.

Gumbo Soup.

Fry very brown a large tender chicken, take upon a dish and fry in the gravy one quart of sliced okra, add the okra to the chicken, but do not add the grease. Put the chicken and okra in a porcelain or granite vessel of cold water, add one large onion sliced thin, one pint of peeled tomatoes sliced, a few pieces of ham, and salt to taste. Cook for one hour slowly, then add twelve soda crackers, one large tablespoonful of butter to make it very rich, add six hard-boiled eggs sliced; the last thing before taking up add one teaspoonful of black pepper. Never boil pepper in soup.

Oatmeal Soup.

Put two heaping tablespoonfuls of oatmeal into a quart of boiling water, and cook in a double boiler for two hours or longer. Strain as for gruel, add salt if desired, and two or three stalks of celery broken into finger lengths, and cook again until the whole is well flavored with celery, which may then be removed with a fork; add half a cup of cream, and the soup is ready to serve. Cold oatmeal mush may be thinned with milk, reheated, strained, flavored, and made into soup the same as fresh material; a slice or two of onion may be used with celery for flavoring the soup if desired, or a cup of strained stewed tomatoes may be used.

Pea and Tomato Soup.

Soak one pint of Scotch peas over night. When ready to cook, put into a quart of boiling water and simmer slowly until quite dry and well disintegrated. Rub through a colander to remove the skins. Add a pint of hot water, one cup of mashed potato, two cups of strained stewed tomato, and one cup of twelve-hour cream. Turn into a double boiler and cook together for a half-hour or longer; turn a second time through a colander or soup strainer, and serve. The proportions given are quite sufficient for two quarts of soup. There may need to be some variation in the quantity of tomato to be used, depending upon its thickness. If very thin, a larger quantity and less water will be needed. The soup should be a rich reddish brown in color when done. The peas may be cooked without being first soaked, if preferred.

Tomato and Macaroni Soup.

Break a half-dozen sticks of macaroni into small pieces, and drop into boiling water. Cook for an hour, or until perfectly tender. Rub two quarts of stewed or canned tomatoes through a colander, to remove all seeds and fragments. When the macaroni is done, drain thoroughly, cut each piece into tiny rings, and add it to the strained tomatoes. Season with salt, and boil for a few minutes. If desired, just before serving add a cup of thin cream, boil up once, and serve immediately. If the tomato is quite thin the soup should be thickened slightly with a little flour and water before adding the macaroni.

Scotch Broth.

Soak over night two tablespoonfuls of pearl barley and one of coarse oatmeal, in water sufficient to cover them. In the morning put the grains, together with the water in which they were soaked, into two quarts of water and simmer for several hours, adding boiling water as needed. About an hour before the soup is required, add a turnip cut into small dice, a grated carrot, and one half cup of fine pieces of the brown portion of the crust of a loaf of whole-wheat bread. Rub all through a colander, and add salt, a cup of milk and a half-cup of thin cream. This should make about three pints of soup.

Green Pea Soup.

Gently simmer two quarts of shelled peas in sufficient water to cook, leaving almost no juice when tender. Rub through a colander, moistening if necessary with a little cold milk. Add to the sifted peas an equal quantity of rich milk and a small onion cut in halves. Boil all together five or ten minutes until the soup is delicately flavored, then remove the onion with a skimmer; add salt if desired, and serve. If preferred, a half-cup of thin cream may be added just before serving. Celery may be used in place of the onion or both may be omitted.

Cream Pea Soup.

Soak three-quarters of a pint of dried peas over night in a quart of water; in the morning put to cook in boiling water, cover closely and let them simmer gently four or five hours, or until the peas are very tender and well disintegrated; then rub through a colander to remove the skins. If the peas are very dry, add a little water or milk occasionally to moisten them and facilitate the sifting. Just before the peas are done, prepare potatoes enough to make a pint and a half after being cut in thin slices. Cook the potatoes until tender in a small amount of water, and rub them through a colander. Add the potatoes thus prepared to the sifted peas, and milk enough to make three and one-half pints in all. Return to the fire, and add a small head of celery cut in finger lengths, and let the whole simmer together ten or fifteen minutes, until flavored. Remove the celery with a fork, add salt and a cup of thin cream. This should make about two quarts of soup. If preferred, the peas may be cooked without soaking. It will, however, require a little longer time.

Velvet Soup.

Pour three pints of hot potato soup, seasoned to taste, slowly over the well-beaten yolks of two eggs, stirring briskly to mix the egg perfectly with the soup. It must not be reheated after adding the egg. Plain rice or barley soup may be used in place of potato soup, if preferred.

Green Bean Soup.

Take a quart of fresh string beans, break off ends and strings, and break into small pieces. Boil in three pints of water. There should be nearly two cups of liquid when the beans are perfectly tender. Rub through a colander, return to the kettle, and for each cup of the bean pulp add one and a half cups of milk, salt to taste, boil together for a few minutes, thicken with a little flour and water, and serve. A quart of beans will make three pints of soup.

Potato Soup.

For each quart of soup required, cook a pint of sliced potatoes in sufficient water to cover them. When tender rub through a colander. Return to the fire, and add enough rich sweet milk—part cream if it can be afforded—to make a quart in all, and a little salt. Let the soup come to a boil and add a teaspoonful of flour or corn-starch rubbed to a paste with a little water; boil a few minutes and serve. A cup and a half of cold mashed potato or a pint of sliced baked potato can be used instead of fresh material; in which case add the milk, and heat before rubbing through the colander. A slice of onion or a stalk of celery may be simmered in the soup for a few minutes to flavor it, and then removed with a skimmer or spoon. A good mixed potato soup is made by using one-third sweet and two-thirds Irish potatoes, in the same manner as above.

Asparagus Soup.

Wash two bunches of fresh asparagus carefully, and cut into small pieces. Put to cook in a quart of boiling water and simmer gently till perfectly tender, when there should remain about a pint of the liquor. Turn into a colander, and rub all through except the hard portion. To a pint of asparagus mixture add salt and one cup of thin cream and a pint of milk; boil up for a few minutes and serve.

Bean and Potato Soup.

Soak a half-pint of dry white beans over night; in the morning drain and put to cook in boiling water. When tender, rub through a colander. Prepare sliced potato sufficient to make one quart, cook in as small a quantity of water as possible, rub through a colander and add to the beans. Add milk or water sufficient to make two quarts, and as much prepared thyme as can be taken on the point of a penknife, with salt to season. Boil for a few minutes, add a tea cup of thin cream, and serve.

Bean and Tomato Soup.

Take one pint of boiled or a little less of mashed beans, one pint of stewed tomatoes, and rub together through a colander. Add salt, a cup of thin cream, one-half a cup of nicely steamed rice, and sufficient boiling water to make a soup of the proper consistency. Reheat and serve.

Black Bean Soup.

Soak a pint of black beans in water over night. Cook in boiling water until tender, then rub through a colander. Add sufficient boiling water to make about two quarts in all. Add salt and one-half a small onion cut in slices to flavor. Turn into a double boiler and reheat. When sufficiently flavored, remove the onion with a skimmer, thicken the soup with two teaspoonfuls of browned flour, turn through the soup strainer, and serve. If desired, a half-cup of cream may be added and the onion flavor omitted.

Celery Soup.

Cook in a double boiler a cupful of cracked wheat in three pints of water for three or four hours. Rub the wheat through a colander, add a cup of rich milk and, if needed, a little boiling water, and a small head of celery cut in finger lengths. Boil all together for fifteen or twenty minutes, until well flavored, remove the celery with a fork, add salt, and serve with or without the hard-boiled yolk of an egg in each soup plate.

Green Corn Soup.

Take six well-filled ears of tender green corn. Run a sharp knife down the rows and split each grain ; then with the back of a knife, scraping from the large to the small end of the ear, press out the pulp, leaving the hulls on the cob. Break the cobs if long, put them in cold water sufficient to cover, and boil half an hour. Strain off the water, of which there should be at least one pint. Put the corn water on again, and when boiling add the corn pulp and cook fifteen minutes, or until the raw taste is destroyed. Rub through a rather coarse colander, add salt and a pint of hot unskimmed milk ; if too thin, thicken with a little corn-starch or flour, boil up, and serve. If preferred, a teaspoonful of sugar may be added to the soup. A small quantity of cooked macaroni, cut in rings, makes a very pretty and palatable addition to the soup. The soup is also excellent flavored with celery.

Chestnut Soup.

Shell and blanch a pint of Italian chestnuts, as directed in this book, and cook in boiling milk until tender. Rub the nuts through a colander, add salt and sufficient milk and cream to make a soup of the proper consistency, reheat and serve.

Chicken Soup.

Take a large, tender chicken, wash and clean thoroughly; before putting over to boil tie the feet down and turn the wings back ; for each chicken use two quarts of water ; when half done add two tablespoonfuls of rice for each chicken. Let cook until well done ; before serving add a hard-boiled egg chopped, a little thickening of flour and water ; season to taste with salt, pepper and parsley. For the chicken make a drawn butter dressing.

THE PREPARING OF SOUPS:
FROM THE FRENCH AND ITALIAN CHEFS.

White Broth.

Two large whole and well-scraped carrots, one large whole peeled turnip, one large whole peeled onion, one cleaned parsley root, two cleaned leeks (optional), four leaves of cleaned celery.

First select a good knuckle of fine white veal with the scraps of meat, including the bone; put in vessel and cover completely with cold water, adding one tablespoonful of salt, and allow it to come to a boil, skimming clean as scum arises (this is very important); then add the above ingredients, and boil slowly for about six hours on back of stove; skim the grease and impurities as they arise, and after the specified time, and all is skimmed clean, strain through cheese cloth into stone crock; cover the mouth of crock with cotton batting, and keep in cool place. As this sauce is used in making soups and sauces, it would be well to make up a good quantity to have ready when necessary.

Purée of Chestnuts.

One quart white broth, one tablespoonful salt, one dessertspoonful pepper, quarter-pound butter, one pint chestnuts.

Boil the chestnuts first ten minutes; then peel and blanch them, and immediately put them in a pan and mix the other ingredients, and let all boil for one-half hour. Rub this through a sieve into a vessel. Keep covered in cool place, and use as needed.

Consommé Plain.

Chop up a shin of beef of ten or twelve pounds; put it in a large soup kettle with two sound, well-scraped, good-sized carrots, two peeled sound onions, three well-washed and pared leeks, a few branches of celery and one bunch of parsley roots all well-scraped, washed and shred; six cloves, eighteen whole peppers, a bay leaf, and the whites of six raw eggs, including their shells. Mix all well together, and then add two gallons of cold white broth, one quart of cold water: all this should be done before the soup kettle has been placed on the hot range. Stir thoroughly for two or three minutes without ceasing, and then place it on the hot range; add some *débris* of chicken if any is at hand. Boil slowly for about four hours, skim the grease off thoroughly, and then strain through a cheese cloth into a bowl or stone jar, and put away in a cool place for general use. Should the white broth that you employ be hot, replace the cold water by a piece of ice well cracked and the equivalent of a quart of water, adding it to the consommé very gradually at the beginning, but continually increasing and stirring till all is added. Always taste if sufficiently seasoned before serving.

Consommé aux Pâtes.

Boil the consommé, made as described, and while it is boiling rapidly, add a small cupful of vermicelli, macaroni, rice or noodles; let them cook for five to ten minutes, stirring constantly until done. The vermicelli, macaroni, rice or noodles must have been parboiled previous to adding into the consommé.

Bouquet of Herbs for Soup.—From the French.

Six small branches parsley stalks, one branch soup celery, one blade of bay leaf, one sprig thyme.

Place two cloves in the center of the parsley to prevent the above from dropping out of bouquet when cooking; fold all together well, tie tightly together with string. This makes a nice ornamentation and flavoring for soups.

Italian Sauce.—For Flavoring Soups.

Four tablespoonfuls flour, four ounces butter.

Place in pan and stir continually for five minutes; then stir in gradually (a little at a time, mixing well with whisk or spoon) about one and a half quarts of boiling milk; add a level teaspoonful of grated nutmeg, two pinches of salt, two dozen whole peppers and the bouquet for soup. Allow all to cook for about fifteen to eighteen minutes, and when done rub through a fine sieve. It may be flavored with a little wine if desired. Keep in cool place until ready to use.

Chicken Forcemeat.

Chop in pieces two raw chicken breasts, and pound them in a mortar. Soak the same quantity of bread in milk, and add same. Also add the yolks of three or four eggs seasoned with two teaspoonfuls of salt, a level teaspoonful of pepper and a teaspoonful of nutmeg. Mix well together, strain through sieve, put in refrigerator, and use as needed. When desiring to make a chicken cream forcemeat, add six teaspoonfuls of cream.

Consommé à la Sevigne.

Fill six very small moulds with the chicken forcemeat and allow to poach for two or three minutes in hot water. Allow them to cool, turn out into a soup dish, and add two tablespoonfuls each of cooked peas and the flower of the asparagus, and pour over all one quart of the consommé made as described.

Potage à la Harrison.

Cook a calf's brain and pound it fine in a mortar; add three raw yolks of eggs, two small cooked onions, one teaspoonful curry powder. Rub all through a fine sieve, pour over one and a half quarts of hot consommé, add sliced baked cucumber and serve.

Purée of Green Peas.

Two quarts white broth, one quart green peas, four ounces salt pork, two carrots, two onions, one soup bouquet, two level teaspoonfuls pepper.

Cook for one hour and strain; add one cupful of cream, and three-quarters cupful of fried bread cut in small heart shapes, and just before serving add in two ounces of butter.

Fried Bread for Soups.

Cut thin slices of bread; cut them into small pieces, square or heart shape; lay on tin plate, put a little clarified butter on same; put in oven for five minutes, or until they have a nice brown color. Take out as they are ready, to use with soups.

Pâte-à-Chou.—To Use in Soups.

Four gills cold milk, quarter-pound butter, half-pound flour well sifted. Mix the milk and butter in a pan, put on stove and stir gently, and just as it boils add in the flour and stir constantly for two or three minutes; then take pan off the stove. Break in an egg and stir briskly for two minutes; break in another egg and stir the same way, and so on until six eggs have been used; it is then ready to use as wanted. You can make up one-half the quantity if you desire by using half the ingredients.

Potage à la Française.

One pint white broth, one pint Italian sauce (both made as described in this book), one teaspoonful pepper, two teaspoonfuls salt. Allow the above to simmer on back of stove for fifteen minutes, then add a handful of boiled asparagus tops and a tablespoonful of butter. Have in the soup bowl three soft-boiled eggs and the breast of chicken or other fowl. Pour soup over same and serve.

Potage à la Italian.

Put one cupful of noodles in two quarts of boiling consommé; thicken same with the yolks of three beaten eggs, one tablespoonful of grated cream cheese, one cupful of cream, two tablespoonfuls of butter. Pour into the soup bowl, adding in the wings and liver of a cooked chicken.

Potage of Rice.

Two pints Italian sauce, two quarts white broth, two teaspoonfuls pepper, one tablespoonful salt, one small raw chicken (have it tender).

Cook all together from twenty to twenty-five minutes. Take out the chicken, and thicken soup with the yolks of three eggs well beaten, one teaspoonful of curry powdered, one cupful of cream; strain all through a fine sieve into soup bowl, adding a half cupful of boiled rice and the breast of the chicken previously cooked in the soup.

Bisque of Clams.

One quart white broth, one dozen nice large clams, one bouquet for soup, half-cupful raw rice, one level teaspoonful pepper, or enough to suit the taste.

Boil for about fifty minutes, and strain through a fine sieve; add a cupful of cream, and serve with small pieces of fried bread as described. Use no salt.

Bisque of Lobster.

Boil from two to two and a half pounds of lobster in the shell, and make soup the same as for bisque of clams, substituting the lobster meat instead of clams.

Bisque of Crabs.

This soup is made the same as bisque of clams, only using four to five hard-shell crabs, boiling them first in salted water for fifteen to twenty minutes. Wash and drain them well with fresh water before adding the meat of crabs in soup.

To Prepare Green Turtle.

Select a nice turtle. Cut off the head, and allow to bleed one-half day. Remove the bones and cut the carcass in pieces, and blanch in boiling water for about four or five minutes. Then lift off the top shell, place in pan, and cover with the white broth. Tie in small muslin bag fifteen cloves, five bay leaves, one large tablespoonful of whole peppers, and allow all to cook from one to one and a quarter hours, adding in about four level teaspoonfuls of salt. Drain, remove the bones, and cut meat in small square pieces. Reduce the broth to nearly three-quarters of its original quantity, and put on the meat and allow it to cook in same about twelve minutes. Fill pots with this, and when it is cooled, pour a little hot butter or lard over same. It may be flavored with sherry or madeira wine to suit the taste.

Green Turtle Soup.

To each two pounds of green turtle meat, prepared as described in green turtle, add two quarts of white broth in a pan, then add a pinch of red pepper, four teaspoonfuls of salt, a little grated nutmeg, one bouquet (made as described), two teaspoonfuls of Worcester sauce, and two glassfuls of madeira wine. Boil for twenty to twenty-five minutes. Take out the bouquet, and serve with sliced lemon.

Mock Turtle Soup.

Prepare as in green turtle soup, only substituting two pounds of cooked calf's head instead of the turtle.

Gumbo with Frogs.

One ounce butter, two small chopped onions, two ounces raw ham cut in small square shapes, one green pepper cut in small pieces, one tablespoonful salt, two teaspoonfuls pepper.

Brown all the above in a saucepan. Then add same into two quarts of white broth; also add two ounces of raw rice, two sliced tomatoes, one dozen gumbos, and allow all to cook from twenty to twenty-five minutes. Five minutes before it is done, add half a pound of frog legs cut in small pieces. Take out and serve.

Mulligatawny Soup.

Cut in small pieces one-half of a chicken, one ounce of lean raw ham, one green pepper, one medium-sized finely-sliced onion, and brown all together in a pan for about five minutes. Then turn this into two quarts of white broth, adding in same one apple cut in small pieces, one teaspoonful of curry, two slices of egg plant cut in small pieces and a quarter of a cup of raw rice. Season with a tablespoonful of salt, one dessertspoonful of pepper (less if desired). Boil from twenty-five to thirty minutes.

Mulligatawny with Oysters.

Make the same as above, but add from twenty to twenty-four oysters three minutes before taking out to serve.

Cream of Asparagus.

Six tablespoonfuls flour and two ounces of butter; mix together in a saucepan, then add three quarts of white broth; put in a bunch of asparagus, a tablespoonful of salt, one soup bouquet, twenty whole peppers, and boil thoroughly for about forty minutes. Strain through a fine sieve, add one cupful of cream and serve.

Cream of Celery Soup.

Make the same as above, only substituting the celery instead of the asparagus.

Julienne Soup.

Four carrots cut into long shreds, one turnip, four leaves celery, two leaks, one-quarter of a small cabbage, one medium-sized onion. Add above into two quarts of consommé, made as described, and season with salt and pepper to suit the taste; cook for forty minutes, adding two to three tablespoonfuls of cooked peas and two tablespoonfuls of cooked beans.

Purée of Potatoes.

Cut a quart of potatoes into very small pieces and cover them with two quarts of white broth in a saucepan, add four ounces of butter and a soup bouquet, and season to suit the taste; cook for forty minutes, strain the soup, then add a cupful of cream, and serve with the hot fried pieces of toast.

FISH AND MEAT SAUCES.

Lobster Sauce.

Pick from the shell the meat of a hen lobster, cut in small pieces and set aside. The spawn is under the tail. Rub it smooth with one-half a tablespoonful of butter, then put through a sieve. Take a full cup of melted butter, add to it a tablespoonful of anchovy sauce, a pinch of cayenne, salt, pounded mace, and the sifted spawn. Mix all this well, add the lobster, heat until near boiling, but do not let boil, as it will spoil the color; serve with salmon or turbot or any fish desired.

Drawn Butter Sauce.

Rub together a dessertspoonful of flour and a half-cup of butter, put into saucepan and add one cup of water, cover and set in a large vessel of boiling water; season with salt and pepper, keep moving the dish, and when thoroughly mixed take off; do not let boil.

Sour Sauce.

Stir one teaspoonful of prepared mustard and a pinch of pepper with half a cup of butter, mix well with a cup of hot vinegar.

Egg Sauce.

Add hard-boiled eggs, chopped, to a plain white sauce.

Plain White Sauce.

One tablespoonful of butter and one tablespoonful of flour made smooth in a saucepan over the fire, add a pint of water slowly; if it seems too thin cook longer. Using milk instead of water makes it a cream sauce.

Caper Butter.

One tablespoonful butter, one tablespoonful chopped capers, one saltspoonful salt, a pinch of pepper. Serve with boiled fish.

Hollandaise Sauce.

Mix in saucepan over the fire one tablespoonful of butter and one of flour, add gradually one and one-half cups of boiling water, stir into this the yolks of three eggs, one tablespoonful of lemon juice or vinegar, three tablespoonfuls of salad oil.

Shrimp Sauce.

Clean carefully one-half pint of shrimps, mince, and add one large cup of melted butter and a pinch of cayenne. Let simmer five minutes.

Tartar Sauce.

First make a *mayonnaise*, mix with it one tablespoonful each of chopped capers, gherkins and parsley and one teaspoonful of chopped onions.

Parsley Sauce.

Make a drawn butter sauce; dip a bunch of fresh parsley into boiling water, mince it and stir it into the drawn butter.

Anchovy Sauce.

Soak for two hours in cold water two anchovies, then put them in a pint of cold water in the stew pan. Let simmer until the fish are dissolved. Strain this and add one cup melted butter and three tablespoonfuls of vinegar. Let simmer fifteen minutes longer; serve with boiled fish or meats.

Maître d'Hôtel Sauce.

Let simmer together one cup melted butter, one teaspoonful chopped parlsey, juice of one lemon, pinch cayenne and salt.

Melted Butter.

This old-fashioned sauce is seldom well made, but it is so excellent that it deserves attention. It should be made about fifteen minutes before dinner time. Put in a clean saucepan over the fire a tablespoonful each of butter and flour and stir them until they bubble; then gradually stir in a pint of boiling water, a saltspoonful of salt and a quarter of a saltspoonful of white pepper, and stir the sauce until it is at the boiling point. When the sauce boils, draw the saucepan to the side of the fire, where its contents will keep hot without boiling, and stir into it, one at a time, three tablespoonfuls of butter, taking care that each one is entirely mixed with the sauce before adding another. As soon as the butter is stirred in, serve the sauce in a hot sauce boat.

Mint Sauce.

With half a cup of vinegar and a tablespoonful of sugar mix two tablespoonfuls of chopped spearmint. Serve with roast meats.

Celery Sauce.

Cut in small pieces two heads of celery, and cook in one pint of water with one teaspoonful of salt in it; rub smooth one tablespoonful of butter and one of flour, and stir into a pint of milk; pour this over the celery, let come to a boil, and serve with fowl.

Mushroom Sauce.

Wipe carefully and cut into small pieces one-half pint of button mushrooms or one-half pint of mushroom flaps. Put into a cup of boiling water with one tablespoonful of butter and pepper and salt to taste. Let simmer for ten minutes, then thicken with a tablespoonful of butter and one of flour stirred together. Add the juice of half a lemon. Serve with meats.

Sweet Herbs.

The sweet herbs commonly used are sage, mint, summer savory, basil, sweet marjoram and thyme.

White Sauce for Game.

Two tablespoonfuls grated bread crumbs, one cupful butter, one cupful hot water in a stew pan, one blade mace, grated rind of a lemon. Let all boil together five minutes, then add one cup of sweet cider and two lumps of loaf sugar. Let boil up and it is ready for use.

Asparagus Sauce.

In a little salted water boil one dozen tender heads of asparagus; when tender, drain and chop. Have ready a pint of drawn butter with two raw eggs beaten into it; to this add the cooked asparagus. Season with salt and pepper and the juice of half a lemon. The butter must be hot, but after adding the asparagus do not cook. Serve with fowl or meats.

Southern Mustard.

Two tablespoonfuls ground mustard, one tablespoonful sugar, one tablespoonful of melted butter, one teaspoonful salt. To dissolve the mustard pour boiling water over it, then add the other ingredients; stir well, then pour on vinegar till about as thin as cream.

Gooseberry Sauce.

Remove the tops and stems from a pint of green gooseberries; put them over the fire in a porcelain saucepan with two tablespoonfuls of white sugar and half a cupful of boiling water. Stew them gently until they are tender enough to rub through a sieve with a potato masher. While the gooseberries are being stewed, make a white sauce as follows: Put over the fire in a saucepan a heaping tablespoonful each of butter and flour, and stir them until they are smoothly blended; then gradually stir with them a pint of boiling water, a level teaspoonful of salt, and a quarter of a saltspoonful of white pepper. Let the sauce boil for a moment, add the gooseberry pulp to it and then serve it with roast or baked gosling. This sauce is sometimes colored green with spinach or sorrel juice.

Green Apple Sauce.

Peel and slice a quart of green apples, put them over the fire with half a cupful of water and a cupful of white sugar, and stew them gently to a pulp, stirring them occasionally to prevent burning; when the apples are stewed to a pulp, add to them two tablespoonfuls of butter, half a cupful of cream, and a very little grated nutmeg; stir the sauce until the ingredients are thoroughly mixed, and then serve it with roast gosling.

Cream Onion Sauce.

Peel and slice a pint of onions, put them over the fire in a clean saucepan with enough milk to cover them, and stew them until tender; when the onions are tender, beat them to a pulp with a fork, add to them a palatable seasoning of salt and white pepper; add sufficient milk to form a sauce of the consistency of cream, and a heaping tablespoonful of butter; use this sauce with boiled chicken.

Brown Onion Sauce.

Peel one pint of onions, slice them, put them into a frying-pan with two heaping tablespoonfuls of butter, and fry them brown; then add a pint of any good gravy or broth, and a palatable seasoning of salt and pepper; serve this sauce with broiled or fried beef steak or chops.

Butter and Lemon Sauce.

Butter and lemon sauce, made as follows, is good with boiled celery: Melt four tablespoonfuls of butter by very gentle heat; squeeze the juice of two lemons, and take away the seeds; break two eggs, separating the yolks from the whites. When the butter is melted, add it gradually to the egg yolks, and stir them together over the fire until they begin to thicken; take the sauce from the fire directly it begins to thicken, and stir in the lemon juice, together with a level saltspoonful of salt and a dust of cayenne pepper; serve the sauce as soon as it is made.

Onion Sauce.

Peel and chop fine a shallot or a small onion, put it over the fire with a tablespoonful of butter, and when the butter begins to brown, stir in a tablespoonful of flour; when the flour is brown, add half a pint each of port wine and boiling water, a level teaspoonful of salt, a quarter of a saltspoonful of pepper, and one grate of nutmeg; stir the sauce until it boils, and then keep it hot; when the birds are done, pour the drippings from them into the sauce, mix them well with it, and then serve it hot.

Orange Essence Sauce.

Chop very fine two peeled shallots or one onion, grate the yellow rind of a large orange, chop one ounce of ham or bacon very fine; put these ingredients into a small saucepan, add to them a slight dust of cayenne pepper, half a pint of the gravy from roast wild fowl, a gill of port wine and a saltspoonful of salt, and gently simmer the sauce for ten minutes; meantime squeeze the juice from a whole orange and half a lemon into a sauce boat; at the end of ten minutes strain the sauce into the orange and lemon juice, and serve it at once.

Mustard Sauce.

Mustard sauce made as follows is good with corned beef: After the beef has been boiling for two hours, take a pint of the broth from it to use for sauce. Peel and chop a bunch of chives, a shallot, or two or three small green onions, and put them over the fire in a pint of broth to boil for half an hour; then add a level tablespoonful of dry mustard, a gill of vinegar, and a high seasoning of salt and pepper; stir the sauce until it is thoroughly incorporated, and then keep it hot until it is required for the beef.

Sorrel Sauce.

For this sauce, either the large-leafed field sorrel, or the small trefoil of the wood sorrel may be used. Thoroughly wash the herb, and put it over the fire in an earthen or porcelain-lined saucepan, with only the water which remains upon it after it is washed, and a tablespoonful of butter to each pint of sorrel; cover the saucepan, and cook the sorrel until it is tender enough to beat to a pulp with a fork; then season it palatably with salt and pepper, add to it enough butter to make it semi-liquid, and serve it on the dish with the lamb. Another form is made by mixing smoothly over the fire a tablespoonful each of butter and flour, then stirring with them a pint of boiling water, a cupful of boiled sorrel pulp, and a palatable seasoning of salt and pepper.

Oyster Sauce.

When the turkey is nearly done, put in a saucepan over the fire two level tablespoonfuls of flour and two heaping tablespoonfuls of butter, and stir them together until they bubble; then gradually stir in the oyster liquor and enough broth from the turkey to make a sauce of the consistency of cream; season it palatably with salt and white pepper, and let it boil for a moment; put the saucepan containing the sauce into a pan of hot water, and place it on the back of the fire to keep hot until just before dishing the turkey; then put in the oysters, and let them boil once; meantime dish the turkey, remove the trussing cords, pour a little of the oyster sauce over it, and serve it with the rest of the sauce in a boat.

MEAT AND FISH SAUCES:
FROM THE FRENCH AND ITALIAN CHEFS.

The following meat and fish sauces are from French and Italian chefs, and while they are more elaborate and a little more expensive, they are conceded to be finer than the American sauces. You can make up half the quantity, if desired, by using half the proportions given. In making a quantity of sauce to be kept for future use, I would advise housekeepers to put them in crocks that are not glazed, and tie over the mouth three folds of cotton batting and keep it in a cool place.

The recipes for the sauces mentioned in the following formulas are all given in this book among French Meat and Fish Sauces.

White Broth.

As this broth is the basis of many of the sauce formulas given in this book I have reprinted it here, although the recipe is also given in soups:

Two large whole and well-scraped carrots, one large whole peeled turnip, one large whole peeled onion, one cleaned parsley root, two cleaned leeks (optional), four leaves of cleaned celery.

First select a good knuckle of fine white veal, with the scraps of meat including the bone. Put in vessel and cover completely with cold water, adding one tablespoonful of salt, and allow it to come to a boil, skimming clean as scum arises (this is very important). Then add the above ingredients, and boil slowly for about six hours on back of stove. Skim the grease and impurities as they rise, and after the specified time and all is skimmed clean, strain through cheese cloth into stone crock; cover mouth with cotton batting, and keep in cool place.

White Sauce.

Two quarts white broth (see page 206), half a carrot, half an onion, six whole peppers, one bouquet of herbs, two ounces flour, half a glassful white wine, two cloves.

Put in saucepan finely shredded salt pork and beef suet of equal proportions and reduce same; add the carrot, onion, bouquet, cloves and peppers, and brown all well for about five minutes, turning occasionally so they won't burn; then add the flour, stir well and add the wine and white broth and two teaspoonfuls of salt, and stew until it comes to a boil. Then allow it to boil from fifty to sixty minutes; strain through a fine sieve and it is ready for use. It will keep for some time, and is nice for fish and meats. Keep the vessel closed and in a cool place. Make the bouquet of herbs as directed in this book; also the white broth.

Cooked Herbs.

Four shallots peeled, two medium-sized onions.

Chop the above in small pieces, add two ounces of butter, and put pan on stove and leave until they are a nice brown color. Chop fine double that quantity of mushrooms, and season with a tablespoonful of salt, one dessertspoonful of pepper, two tablespoonfuls of parsley chopped fine. Cook all ten to twelve minutes longer. Allow to cool and serve when needed.

Napoleon Sauce.

Two ounces flour, four ounces butter, three pints milk, one teaspoonful grated nutmeg, one bouquet of herbs, twenty whole peppers.

Put in saucepan the butter and flour, and stir well together until well mixed. Pour over the milk, pouring in a little at a time, and each time stirring well. Then add the balance of the ingredients, and flavor with a little liquor if desired; also two pinches of salt. Cook all about fifteen minutes, rub through a fine sieve, and keep in crocks as directed.

Royal Fish Sauce.

Two medium-sized onions, two medium-sized carrots, one bunch parsley roots.

Chop all fine and mix well together, pour over two glassfuls white or red wine, add to this pieces of fish head that has been well cleaned and washed, season with salt and pepper to suit the taste, and allow to boil from six to eight minutes; allow to cool, strain through cheese cloth into crock; cover crock and keep in cool place.

Mirepoix.

Twelve whole peppers, six cloves, four sprigs celery, one bunch parsley roots, two bay leaves, two sprigs thyme, two small onions, four medium-sized carrots, four ounces fat.

Put the fat in saucepan, and as it commences to melt add the other ingredients chopped fine and allow to cook over medium fire eighteen to twenty minutes; as it commences to boil add some scraps of baked veal chopped fine. Allow to cool and put away in crocks as directed.

Universal Sauce.

Two quarts white broth (see page 206), one-half pint mirepoix (see above), one ounce chicken fat, two ounces flour.

Mix the mirepoix, made as directed, with the fat, then pour over the white broth, stir in the flour and mix all well together. Add scraps of baked veal chopped fine; boil for nearly three hours. Skim out the fat carefully, rub balance through a fine sieve, put in crocks as directed; keep in cool place. It will keep for an indefinite time.

Clear Gravy.

One and one-half gallons cold water, two sliced carrots, one medium-sized onion, two bay leaves, one sprig thyme, one-half bunch parsley roots, two ounces uncooked salt pork.

Add any scraps of meat or chicken giblets and a handful of salt; cover vessel and allow to cook thoroughly for over one hour and a half. Take off, strain through cheese cloth in stone crock and cover as directed with cotton batting. Always skim off fat impurities as they arise.

Horse-radish Butter.

One tablespoonful grated horse-radish, four ounces butter.

Mix well together and season with a very little red pepper. Put through a fine sieve and keep in a cool place. If added to sauces it should be done after they are taken off the stove, not while they are boiling.

Meat Glaze.

To make about three-quarters of a pint, take twelve quarts of white broth and boil it over a moderate fire for about four to four and one-half hours; this should reduce it down to nearly three-quarters of a pint; put this in covered stone crocks in a cool place. Make this from the white broth, as directed in French soups.

Mayonnaise Sauce.

Three-quarters pint good sweet oil, two yolks of fresh eggs, one-half teaspoonful ground mustard, small pinch of salt, one-half saltspoonful red pepper, or less.

Beat eggs in a bowl, and mix thoroughly all the spices, stirring constantly for three or four minutes, then pour in a drop at a time of oil, stirring rapidly until all the oil is dissolved; if it should get too thick add drop by drop, stirring in the same way, three-quarters dessertspoonful of vinegar; if it should be too acid add one or more tablespoonfuls of oil drop by drop, stirring constantly, until it is the proper consistency and suits the taste. It will take from twenty to twenty-five minutes to prepare this, but it is an elegant sauce and well worth the trouble. Be careful to keep sauce in a dark place in temperature not over seventy degrees, or it will spoil. You can use more or less red pepper if desired. Use the best sweet oil and see that it is fresh; also good vinegar, or you cannot succeed; it is best to stir with a wooden spoon.

Spanish Sauce.

One pint white broth (see page 206), three egg yolks, four tablespoonfuls butter, three tablespoonfuls flour.

Melt the butter in pan on the back of stove, add the flour to thicken same, stir constantly until it browns, add the white sauce, stirring well, and allow it to cook slowly for ten minutes; then take off and pour over the beaten egg yolks, pouring over a little at a time and mixing well. When all is dissolved strain, and then add one tablespoonful more butter and the juice of half a lemon, and serve.

Parisian Sauce.

One pint Spanish sauce (see above), one-half glassful white wine, five chopped mushroons, one tablespoonful butter, one tablespoonful lobster coral.

Pound the coral in a mortar and mix with the butter; then mix the Spanish sauce with the mushrooms and wine; let these come to a simmer, not boil, on back of stove, then add the lobster coral, stir well, and serve. Have the mushrooms chopped fine and see that sauce is only allowed to heat through thoroughly; don't allow it to boil.

Madeira Sauce.

One herb bouquet, one pint Universal sauce (see page 208), one small glassful mushroom liquor, one small glassful madeira wine, one-half to three-quarters teaspoonful red pepper.

Mix together and boil for half an hour, removing the fat and other impurities as they arise. Strain into stone crock and keep covered in cool place.

Sauce à la Hollandaise.

Two pints white broth (see page 206), two large tablespoonfuls flour, one medium-sized onion sliced, eight whole peppers, one bay leaf, two ounces good butter.

Place the butter in saucepan when melted; add the onions, pepper and bay leaf, then stir in the flour to thicken it; pour in the white broth and mix well together; remove carefully the fat as it arises, then add two teaspoonfuls of salt, two teaspoonfuls of grated nutmeg, and allow all to cook from twenty-five to thirty minutes; in the meanwhile beat separately the yolks of three eggs with a small lemon, and when the sauce is done, place on back of stove, and stir in gradually the eggs. Rub all through a fine sieve into a bowl. Mix in about one tablespoonful of butter, and serve with the fish.

Egg Sauce.

One teaspoonful parsley chopped fine, two hard-boiled eggs chopped fine, one pint Hollandaise sauce (see above).

Mix well together

Mint Sauce.

One pint white broth (see page 206), one pint cold water, one-half bunch mint leaves chopped fine, four ounces vinegar, one ounce sugar, six teaspoonfuls salt. Stir well, and serve.

Cream Sauce.

One pint Napoleon sauce (see page 207), two tablespoonfuls butter, one cupful cream.

First mix the butter and the sauce well together, then add the cream and serve.

Tomato Sauce.

One quart nice medium-sized tomatoes, two tablespoonfuls butter, two tablespoonfuls flour, one pinch of salt, one-half pinch pepper, one small teaspoonful sugar, one ounce mirepoix sauce (see page 208).

Mix the mirepoix sauce with the butter in a saucepan; cook over moderate fire for five or six minutes, then add the flour, and cook until all is a nice brown color; then put in your tomatoes, having previously washed well and quartered them, stirring rapidly until they boil; then put in your seasoning and boil all from forty-five to fifty minutes, strain all into a crock, cover and put into a cool place. In using canned tomatoes to make this sauce, boil only half an hour. Mirepoix sauce made as described in this book.

Raw Herbs.

Mix together the following, each having been chopped fine separately: Four shallots, one onion, six well-washed parsley stalks, four sprigs parsley well washed, two sprigs thyme, two bay leaves. Mix thoroughly before using.

Lobster Butter.

Two tablepoonfuls butter, one teaspoonful mustard, the coral of one cooked lobster.

Pound the coral in a mortar to a fine paste, add the other ingredients; rub through a fine sieve. Put in a crock in a cool place. This butter is also used for coloring purposes.

Butter à la Italienne.

One teaspoonful anchovy essence, two ounces butter, one drop spinach green, two small peeled shallots, two sprigs tarragon, two sprigs thyme, two sprigs parsley.

Pound the greens finely in a mortar; add the essence, butter and spinach green; rub through a fine sieve, and keep as directed in stone crocks.

Butter Maître d'Hôtel.

Four tablespoonfuls butter, the juice of one lemon, two teaspoonfuls finely chopped celery.

Sprinkle a little grated nutmeg, stir well together, and put in covered crock in a cool place.

GARNISHES.

These are very necessary in ornamenting all dishes, as they make them more appetizing and more attractive.

Lemon and parsley are the housekeeper's favorite garnishes.

Those who have a garden may always find something green for a garnish.

For sardines, raw oysters, boiled fowl, turkey, fish, roast veal, steaks, salads, use lemon slices cut very thin.

For cold meats, salads, poultry, steaks, fish, chops and cutlets, use parsley; and celery tops or lettuce can be used with a very pleasing effect.

For cold corned beef sliced, gherkins or large pickles cut crosswise.

Currant jelly for game, cold tongue, fried oysters, roast veal, etc.

Watercresses may be used for fowls.

For roast turkey, put link sausages around edge of platter.

For cold ham sliced thin, cold hard-boiled eggs sliced; cut in fancy shapes different colored vegetables, and use around almost any dish of meat or fish.

For scalloped oysters use parsley, celery tops or lettuce.

An exceedingly pretty decoration is sheep sorrel; it can be used with or without lemon.

A sprig of parsley put on a steak is exceedingly pretty.

Smilax is an attractive decoration. It may be arranged in vines on the table or about a dish of fruit; it is extremely pleasing.

Balls made of boiled rice, with a little jelly on each, are very attractive around a plate of cold meat; or the rice may be colored with cochineal, with pleasing effect.

On a roast or sirloin of beef use potato croquettes or Saratoga chips.

Beets pickled and cut in fancy shapes for cold meat, boiled beef, salt fish.

For a mutton chop, a slice of lemon cut crosswise.

FROM FRENCH AND ITALIAN CHEFS.

Garnishing à la Rothschild.

Two tablespoonfuls butter, one tomato cut in small pieces, one green pepper peeled and cut fine, eighteen canned shrimps picked and chopped up, one heaping teaspoonful salt, three-quarters level teaspoonful pepper. Cook all together in saucepan for ten minutes and use for garnishing.

Marrow Garnishing.

Remove the marrow of three nice marrow bones, and put in salted water and allow to remain for one hour; drain it, cut in small pieces, add three-quarters of a pint hot Madeira sauce and allow all to come to a good boil; drop in a few drops of good vinegar. When serving, put the marrow on top.

Garnishing à la Astor.

One cupful Universal sauce (see page 208), one cupful tomato sauce (see page 211), one small cupful of cooked smoked beef tongue minced fine. Mix together and let boil about seven or eight minutes, and serve.

Bread for Garnishing.

Cut six rather thin slices out of an American loaf of bread; neatly pare, then cut them into heart-shapes or squares. Lay them on a tin plate, drip a little clarified butter over them, place in the hot oven for five minutes, to get a golden brown. Take from out the oven, and use when required.

Purée of Chestnuts.

Boil one pint of chestnuts for ten minutes; peel and skin them immediately, put them in a saucepan with two pints of white broth, four teaspoonfuls of salt, and two teaspoonfuls of pepper and quarter of a pound of butter. Let all boil well for thirty minutes; rub through a sieve, and use when needed.

Glazed Onions for Garnishing.

Select one quart of small onions; peel the sides only, and pare the roots neatly, being careful not to cut them. Place them in a pan with half an ounce of clarified butter, and dust them with a pinch of powdered sugar. Glaze them in a slow oven for fifteen minutes; place them in a stone jar, and use for garnishing as needed.

Glazed Turnips with Gravy.

Pare, and cut heart-shaped, twelve small white turnips; parboil them for five minutes, and drain them when done. Butter the bottom of a pan capable of holding them one beside the other, and let them get a golden brown, adding one cup of powdered sugar. Moisten with one cup of white broth, half a pinch of salt, and add very small stick of cinnamon. Cover with a buttered paper cut the shape of pan, and place it in the oven to cook for twenty minutes. When the turnips are cooked, lift off the paper. Place the turnips on a hot dish, and reduce the gravy to a glaze for six minutes. Arrange them nicely on a dish, pour half a gill of white broth into the saucepan to loosen the glaze, remove the cinnamon, and pour sauce over the turnips.

Garnishing à la Eugene.

One pint of Napoleon sauce (see page 207), one-quarter pint white broth (see page 206), one tablespoonful butter, one tablespoonful salt, one level saltspoonful pepper, two large white onions cut up. Put in a saucepan the broth, onions, butter and spices, cover it and cook for twenty minutes, stirring frequently; then add the Napoleon sauce, and cook five minutes more; put in a little grated nutmeg and serve.

Garnishing à la Victoria.

One pint of white broth, four tablespoonfuls of rice, wash well in colander; one cooked chicken wing, pounded fine in a mortar; four teaspoonfuls salt, one teaspoonful pepper. Put the above in saucepan and allow to cook for thirty-five minutes over moderate fire, then strain and return to saucepan, adding one tablespoonful of butter and three tablespoonfuls of sweet cream, and allow to come to a slow simmer, not to boil; decorate with thin slices of cooked partridge, pigeon or quail, dripping a little meat glaze over same, and serve. (See meat glaze, page 209.)

FORCEMEATS.

English Forcemeat.

Three eggs, four teaspoonfuls salt, two teaspoonfuls pepper, four teaspoonfuls sage, half-teaspoonful grated nutmeg, one pinch of parsley, three or four sausages chopped fine.

Mix all well together, and add the crumbs of a loaf of stale bread (previously soaked in a bowl for twenty minutes). Stir together well, then brown in saucepan two medium-sized onions chopped fine with two tablespoonfuls of butter, and add to the above, and use when required.

Chicken Forcemeat with Cream.

The whites of three eggs, four tablespoonfuls cream, two raw chicken breasts without bone and pounded fine in mortar, two teaspoonfuls salt, one level teaspoonful pepper, one teaspoonful grated nutmeg.

Mix the above well together and serve when needed.

Fish Forcemeat.

The whites of three eggs, one pound of fish with skin and bone removed, two teaspoonfuls salt, one small teaspoonful pepper, one small teaspoonful grated nutmeg, one cupful cream.

Pound the fish well in mortar, adding in the white of eggs gradually; when well pounded add in the spices and cream, mix well, and put away until needed.

It is best to put the forcemeats in your stone crocks (not glazed), cover and put in your refrigerator.

Lobster Forcemeat.

Two tablespoonfuls butter, one tablespoonful flour, one medium-sized onion chopped fine. Put above in saucepan to fry until brown, then add half a pint white stock (see page 206). Stir well and continually until it hardens. Then season with two teaspoonfuls of salt, three-quarters teaspoonful white pepper, half-teaspoonful red pepper, one tablespoonful of any English sauce, half-teaspoonful mustard, one teaspoonful chopped parsley. Mix these well together, adding two pounds of cooked or canned lobster and one dozen mushrooms, all minced fine. Cook this mixture for thirty-five minutes, then set on back of stove, add the yolks of four eggs well beaten, mix well and use when required.

Crab, Oyster and Clam Forcemeats.

Use the same method as for lobster, only substituting them for the lobster.

Sausage Forcemeat.

Quarter-teaspoonful salt, half-teaspoonful pepper, one saltspoonful grated nutmeg, one saltspoonful powdered thyme, two pounds of fresh pork or sausage minced fine. Mix all well together.

N. B.—For sauces mentioned in these formulas see French Meat and Fish Sauces.

FISH.

Boiled Fish.—A thin, long fish is best for boiling. Draw a cord through it, and fasten well by drawing the cord very tight. It will form a letter S. Wrap in a cloth and sew very securely; when cooked it will retain its shape and is very pretty to look at. A large fish should be put in cold water and a small one in boiling water, for the reason that fish cook so quickly, and by putting a large one in boiling water, the outside would be done and the inside raw. To boil fish is this way do not have it split open, but drawn from the gills. When ready to serve place on a platter and pour Hollandaise sauce around it, using for a garnish a sprig of parsley and slices of lemon.

Baked Fish.—Clean thoroughly, sprinkle with salt an hour before cooking, fill with dressing and sew securely, sprinkle flour over it, baste with butter, place in dripping pan in moderate oven; allow one and one-half hours for good-sized fish. Serve with drawn butter sauce. Garnish with sliced lemon.

Stuffing for Fish.—Mix with bread crumbs, parsley, sweet majoram, thyme, one large spoonful of butter, one-half cupful of fat pork chopped fine, a few oysters, two beaten eggs, and salt and pepper.

Plain Stuffiing for Fish.—Mix with bread crumbs a few oysters, a stick of celery, salt and pepper, two tablespoonfuls of butter.

Fish Turbot.—Two and one-half pounds of white fish, one-half a bunch of thyme, one pint of milk, half a bunch of parsley, four slices of onion. Place the fish in cold water, and when the water has boiled two minutes the fish is done; remove from kettle and take the bones out. Place the onion, parsley, thyme and milk in a small dish, let it boil for one hour by placing the dish in boiling water, then strain through a colander. Add the yolk of one well-beaten egg, one-half cup of butter, one-half cup of flour made in a smooth paste with cold water, cook until thick, place the fish in dripping pan with alternate layers of the dressing; have dressing on top, and a heavy layer of rolled crackers. Bake one hour. Serve garnished with sliced lemon and parsley.

Baked Halibut.—Take a nice piece of halibut, wash well and lay in dripping pan, season with salt and pepper, and sprinkle over the fish a clove of white garlic about the size of a bean, chopped fine, then pour over a cup of tomatoes. Bake in moderate oven; when the flakes separate the fish is done.

Fried Brook Trout.—Clean the trout well, roll in corn-meal, have in frying pan some hot butter, lay fish in and fry to a nice brown on both sides. Take up on platter, garnish with slices of lemon and parsley. Serve with drawn butter.

Crimped Salmon.—Cut fresh salmon into slices about two inches thick, wash in strong salt and water; have salted water boiling and plunge it in; it will cook in ten or fifteen minutes. Serve at once with melted butter.

Baked Fish with Tomatoes.—Clean well, sprinkle with salt an hour before cooking. Rub flour over it, baste with butter, put in baking dish, and pour a can of tomatoes over it. Season well with salt and pepper, and bake.

Fried Perch.—Clean thoroughly and dry them well, dip them in flour and fry in hot lard. Season with salt and pepper; garnish with parsley.

Salted Shad.—After the shad have been scaled, split them down the back, clean them, saving the roes, wash them in plenty of cold water, and lay them in a wooden tray or tub, with fine salt sprinkled thickly between the fish; let the fish stand in this salt for two days. Then drain and wipe the shad, again sprinkle them with coarse salt, and pack them away in boxes or tubs. Before using salted shad, soak them over night in fresh water, laying the skin upward.

After salt shad has been freshened, it may be baked, boiled, broiled or fried.

Fried Salt Mackerel.—Soak for thirty hours in at least a gallon of water, laying the flesh side down; remove the head and see that the fish is clean; melt a spoonful of butter in the frying pan, and fry slowly for fifteen minutes, taking care that it does not burn; take out the fish, and pour in the pan a cupful of milk; let it boil, and pour over the fish.

Broiled Fish.—Thoroughly clean the fish, and if small split down the back. Fish of larger size should be cut into inch slices. Use a double wire broiler, well oiled with a bit of suet. Lay the fish, with its thickest part next the center of the broiler, skin uppermost, and broil over a bed of clear coals until the flesh side is of an even brown. The time required will vary, according to the size of the fish, from five to twenty minutes; then turn and brown on the other side. If the fish be very thick, when both sides are browned, put the broiler in the oven over a dripping pan, and cook until done.

Shad Roe with Oysters.—Clean well, wash and wipe; have in frying pan some hot fat, place it in and fry a nice brown on both sides, taking care not to let burn. It will cook in fifteen or twenty minutes; season with salt and pepper, take up on a platter and place around it one or two rows of fried oysters; lay a sprig of parsley in the center and slices of lemon; the effect is pleasing.

Halibut à la Crême.—Cut two onions in one-half pint of water, and add a little mace and parsley. When thoroughly boiled, add one quart of milk or cream, one tablespoonful of butter, two tablespoonfuls of flour, and strain all through a sieve.

Take four pounds of well-boiled halibut (or other fish), salted while boiling; flake it, butter a good-sized baking dish, and put first a layer of fish, then some of the dressing, and so on alternately until the dish is full. Put grated bread crumbs on the top, and bake it one hour.

Codfish Balls.—Boil and pick your fish; pare and boil your potatoes; mix all together, with two eggs, a lump of butter, and a little sweet cream; make into balls and fry.

Broiled Codfish.—Soak the codfish over night, let it drain on the iron in front of the fire until nearly dry, broil it until brown on both sides, then put it on a board and beat it soft with a pestle. Pour on boiling water, and after a minute drain it off. If very salt, pour on water twice. Butter and send to the table.

New England Fish Chowder.—Take a cod and a haddock, skin them and take out the bones. Put the heads and bones on to boil in about three quarts of cold water, with a little salt. Then cut the fish in pieces about four or six inches square, wash and wipe them dry, and flour them a little. Cut about one-quarter of a pound of salt pork in thin slices, and fry them to a nice brown. Cut up two onions and fry them in the pork fat, but be careful not to burn them or have them too brown. Take out the onions and pork; have ready six potatoes cut in thin slices; put a layer of fish into a pot (having the pork at the bottom), with a little fried onion, potatoes, pepper and salt, dredge in a little flour, and so on until all is in. Then strain the water that the heads and bones have been boiling in, through a colander, over the fish. If not enough to cover the fish, add hot water. Split six crackers, dip them in cold water quickly, and put them over the top. Set it on the fire and boil thirty minutes. Add a quarter of a pound of butter and two spoonfuls of flour rubbed together, and a glass of white wine if you like. Let it boil a few minutes. Just before dishing, add one quart of cream or milk; give it one boil, and it is ready for the table.

To Boil Fresh Salmon.—Scale and clean the fish. Place it on the strainer of a large fish kettle, and fill up with cold water; throw in a handful of salt; let it boil slowly (the length of time depending upon the size and weight of the fish; you may allow a quarter of an hour to each pound). It must be thoroughly done. Try it with a fork; and the minute it is completely boiled, lift up the strainer, and rest it across the top of kettle, that it may drain. Send to table on a hot dish, garnished with curled parsley. To be eaten with drawn butter.

FROM FRENCH AND ITALIAN CHEFS.

Breaded Fish.—First clean the fish and dry it. Dip in milk, then in flour, and fry in hot fat or butter; or dip in beaten eggs and freshly grated crumbs of bread, and fry in hot fat or butter.

For Breaded Oysters, Clams or other Shell-Fish.—Immerse in milk, then in cracker dust, then in flour, and fry in hot fat or butter.

Trout and Fish Sauce.—Clean six fine trout, weighing about a quarter of a pound each. Place them on a grate in a fish kettle, with a pinch of salt, adding one sliced carrot, one sprig of thyme and two bay leaves. Moisten with half a glassful of white wine and half a pint of water. Put it on the stove, and let it simmer gently for five minutes after boiling point; then drain, and serve on a dish garnished with parsley. Send it to the table with a pint of fish sauce in a separate bowl, also some boiled potatoes cut in quarters.

Salmon, Oyster Sauce.—Place two pounds of very fresh salmon in a fish kettle, completely cover with cold water, season with a handful of salt, add one medium-sized sliced onion, half a wineglassful of white vinegar, eight whole peppers, two cloves and two parsley roots. Range the kettle on a brisk fire. Five minutes after coming to a boil the salmon will be sufficiently cooked. Remove from the kettle, drain it well; dress on a hot dish nicely decorated with parsley greens and lemon around the salmon, and serve with a pint of hot oyster sauce (see page 205) in separate bowl.

Trout with Cooked Herbs.—Select six or eight nice small trout. Put in buttered fish pan; add a half-glassful of white wine and one finely chopped shallot. Cook for about ten minutes; drain off the gravy into another vessel, add two cupfuls of Spanish sauce (see page 210), two tablespoonfuls cooked herbs (see page 207); reduce this down nearly one-half, pour over the fish, and serve with lemon and parsley greens.

How to Blanch Codfish Tongues.—Twelve fresh tongues washed well in cold water, one bouquet of herbs, four cloves, eight whole peppers, one small-sized onion, half small lemon sliced, three or four teaspoonfuls of salt. After washing the tongues, take from water and put in pan. Cover with fresh cold water, add in the above ingredients, and allow to come to a good boil, then transfer with the water into stone crocks for future use.

Fried Codfish Tongues.—Take eighteen fine fresh codfish tongues, wash them well, drain off the water, dip them in cold milk, and roll them, one by one, in flour. Put four ounces of clarified butter in the frying pan, heat it well, then gently lay in the tongues separately, and let cook for three minutes. Turn them on the other side, using a fork, and cook for three minutes more. Lift them up carefully with a skimmer, and put them in a colander to drain. Season with one pinch of salt and half a pinch of pepper; dress them on a hot dish and decorate with sprigs of parsley and lemon. Serve with hot tomato sauce (see page 211).

Bluefish à la Italienne.—Prepare two pounds of bluefish; place it in a buttered pan, with half a glassful of white wine, three tablespoonfuls of mushroom liquor, half of a very finely chopped onion and six chopped-up mushrooms. Season with a pinch of salt and half a pinch of pepper. Cover the fish with a buttered paper, and cook in a moderate oven for fifteen minutes; take the fish out, lay it on a serving dish, and put the juice in a stew pan, adding four ounces of Universal sauce (see page 208), with a small glassful of white wine; reduce for two minutes, then pour it over the fish, with one pinch of finely chopped parsley, and serve with pieces of fried bread cut in squares or heart-shapes.

Bass à la Française.—Cut a deep incision down the back of a nice sea bass, put it in a baking dish with half a glassful of red wine, half a pinch of salt, and a third of a pinch of pepper. Besprinkle with a finely chopped shallot, cover with a buttered paper, and cook in a moderate oven for fifteen minutes. Lay the bass on a dish, put the juice in a saucepan with half a cupful of Universal sauce (see page 208), four finely shred mushrooms, and a thin slice of finely chopped onion; finish cooking for five minutes more, then pour it over the fish and serve very hot. This is for a two or three-pound bass.

Boiled Halibut.—Put a piece of halibut weighing two pounds in a saucepan, and cover it with fresh water; add one sliced onion, half a sliced carrot, and a bouquet of herbs. Season with a handful of salt and two tablespoonfuls of vinegar. Put on the lid and let cook gently, but no more than five minutes after boiling point; then lift up the fish alone, drain well; dress it on a hot dish, and serve with any desired sauce.

Halibut Steaks.—Wash well a piece of fresh halibut, lay it on a dish, and season it with a pinch of salt, a pinch of pepper, and two tablespoonfuls of sweet oil. Roll it well and lay it on a double broiler; then place it on a brisk fire, and broil for eight minutes on each side. Dress the fish on a hot dish, pour over some nice fish sauce, decorate with parsley greens and lemon, and serve. The above is for two or three pounds of fish.

Shad with Sorrel.—Select a two-pound shad, clean well, then let it steep as long as possible in one tablespoonful of oil, half a sliced lemon, a quarter of a bunch of parsley roots, and half a sliced onion. When ready place it in a buttered pan, with half a glassful of white wine, three tablespoonfuls of mushroom liquor, also a bouquet of herbs. Take two handfuls of picked and washed sorrel, mince it very fine, then put it in the stew pan with the fish, adding a good pinch of salt and half a pinch of pepper; cover it, and let it cook as long as possible on a slow fire—at least two hours; then arrange the shad on a dish. Add a little butter and flour to the juice, thicken well, and pour the sauce in a sauce bowl, and serve separately.

Broiled Fresh Mackerel, Maître d'Hôtel.—Pare and split two good-sized fresh mackerel through the back, remove the spine, score them slightly, and rub them with one tablespoonful of sweet oil; season with a pinch of salt and half a pinch of pepper, then broil them on a brisk fire for ten minutes on the split side and one minute on the skin side. Lay them on a dish, pour one-half cupful of maître d'hôtel butter over, and serve with a few parsley greens and mix slices of lemon.

Broiled Spanish mackerel are prepared in the same way. (See Maître d'Hôtel Butter, page 212.)

Shad à la Spanish.—Cleanse a small, fine shad, put it in baking dish, well buttered, and season with one pinch of salt and half a pinch of pepper, adding two finely chopped shallots and half a glassful of white wine. Cover with a piece of buttered paper, and cook in a moderate oven for twenty-five minutes. When done put the juice in a saucepan, with half a pint of Spanish sauce (see page 210), a pinch chopped celery, and a little spinach green. Let cook again for three minutes, then pour a little of it, through a strainer, on the fish, and serve the rest in a separate sauce bowl.

Bass with White Wine.—Cleanse a two or three-pound fish, lay in a buttered baking dish; season with half a pinch of salt and a very small pinch of pepper; pour over half a glassful of white wine and three tablespoonfuls of mushroom liquor. Cover with a piece of buttered paper, and cook in a moderate oven for fifteen minutes, then lay the fish on a dish; put the juice in a saucepan, with a cupful of Spanish sauce (see page 210) thicken well with a tablespoonful of butter till well dissolved, and pour over the bass, serving with small pieces of fried bread (shape bread square or heart-shaped).

OYSTERS AND OTHER SHELL-FISH.

Oysters on the Half-shell.—One cup of thick cream, one cup of hot water, one cup of milk, one pinch of salt. Pour this into the saucepan and put the saucepan into a kettle of boiling water until it boils; then stir in two tablespoonfuls of butter and two heaping tablespoonfuls of flour made smooth with a little water. Butter your oyster or clam shells and lay a nice oyster in each one. Arrange them close together in a dripping pan, propping them up with small stones, and then fill each shell with the prepared cream, having first beaten it well. Bake in hot oven until brown—it will take about five minutes; serve in the shell.

Steamed Oysters.—Select nice oysters, put in round dish, season with butter, salt, and pepper; set in a steamer over boiling water, and steam until they begin to curl.

Oyster Patties.—Cover the bottom and sides of patty pans with dough, the same as for pie crust; then put the crust over the top, and pinch the edges together. Bake in quick oven. Take as many oysters as you have patties, stew them in their own liquor, then cut them in pieces; to a dozen oysters add a teaspoonful of butter and a teaspoonful of flour rubbed smooth in a little water, and a little grated lemon peel. Season with a little salt, two tablespoonfuls of cream, a pinch of cayenne and pounded mace; mix all this well. Open the patties and fill with this mixture; serve hot.

Oyster Pie.—Line a pudding dish with dough, the same as for pie crust; drain some oysters from their liquor, and put a layer of them in the bottom of the pudding dish, sprinkle lightly with flour, pepper, salt and butter; then another layer the same, until all are used, putting more butter on the top layer. Pour the liquor in and cover with the crust; cut a hole in center of top crust. Set in oven and bake until crust is a delicate brown.

Oyster Stew.—Take one quart of oysters, put the liquor in a stew pan, let it boil up and skim carefully; put in two quarts of milk, let it come to a boil. Add the oysters; as soon as they begin to curl up, take off the fire; put in one tablespoonful of butter and salt to taste. Serve in hot soup dishes.

Roast Oysters.—Oysters for roasting should be washed in plenty of cold water to free the shells from mud, and then placed upon a bed of hot coals, with the thick end, where the shells are united by a joint, down, so that the liquor may not all escape as the oysters open under the effect of the heat; as fast as they open, they should be taken from the fire, and sent at once to the table. An easy way to prepare oysters is to arrange them in a dripping pan, and place the pan over the coals or in a very hot oven; the flavor of the oysters so cooked is good, and much of the difficulty of handling them is obviated. Still another method is to make the deep shells of oysters very hot in a pan in a hot oven, then put an oyster in each shell with a very little butter, and replace the pan in the oven for one minute; this will curl the edges of the oysters, and they can then be transferred, in the shells, to a platter, and sent to the table.

Scalloped Oyster Pie.—Pulverize crackers, and mix with them sufficient butter to make the whole adhesive. Roll it out and put it in a deep dish. Dry the oysters, and put a thick layer on the crust, adding pepper, salt and small pieces of butter. Then roll out another piece and cover the oysters, and so on until the dish is full. Bake it carefully.

Scalloped Oysters.—For a five-quart pan, take two quarts of oysters and one pound of small butter crackers rolled fine. Put a thick layer of cracker in the bottom of the pan. Take the oysters upon a fork and cover the cracker with them, then cut a piece of butter half the size of an egg into small bits and place them around upon the oysters, sprinkling a little salt (not more than quarter of a teaspoonful), with a little pepper, over all. Repeat this until all the oysters and cracker are used, putting a layer of cracker upon the top. Pour upon the whole cream or milk, until you can just see it around the edge of the pan. Bake it in a slow oven for one hour and a half or two hours. When thoroughly heated put a little more butter upon the top, to make them brown nicely.

Steamed Oysters.—Place large oysters in a colander, to drain most of the juice. Then put them in a pan, with a generous bit of butter, cover the pan tightly and steam over the fire, shaking the pan occasionally. Have ready some hot buttered toast, and when the oysters look white and plump, turn them on the toast, and send immediately to the table.

Fricasséed Oysters.—Toast about one dozen crackers after splitting them open. Lay them in a deep dish or on a platter, and turn over them the following mixture: Take one cup of sweet cream, put it into a stew pan, also butter of the size of an egg; thicken with a small dessertspoonful of flour mixed with a little milk. As soon as it is scalding hot, put into it one pint of oysters. Let it just come to a boil, season with pepper and salt, and turn it over the crackers.

To Fry Oysters.—Get the largest and finest oysters. After separating them from the liquor, wipe them quite dry with a cloth. Then beat up yolk of egg and milk in the proportion of two yolks to a wineglass of milk. Grate stale bread or crackers very fine; dip the oysters in the mixture of egg and milk; then roll them in the grated bread crumbs, put them into the frying pan of hot butter, and fry them brown, turning them on both sides. They must be crisp, not greasy. Serve on a hot dish.

Lobster Croquettes—American Formula.—Take the meat and fat of a tender fresh lobster, chop it very fine, add salt, pepper, mace and butter. To three-quarters of a pint of boiled cream, stir in one-quarter of a pound of butter and three tablespoonfuls of flour; add this to the lobster, shape the croquettes, dip them in yolk of egg and rolled cracker, fry in butter to a light brown, and serve hot.

Scalloped Lobster.—Butter a deep baking dish, put in it a layer of lobster meat picked in small pieces; dust over it a little salt and pepper, add a little lemon juice; on this sprinkle a layer of fine bread crumbs, with here and there a lump of butter, then another layer of lobster, then the bread and seasonings; continue this until all is used, having bread crumbs for the top layer; pour a pint of cream or milk over it and bake thirty minutes. Serve hot.

Potted Shrimps.—Put a pint of picked shrimps into a stew pan with one-half cup of butter, a blade of pounded mace, a pinch of cayenne and salt to taste; simmer fifteen minutes, take up into pots, let it cool, and cover with melted butter.

Buttered Shrimps.—Take one pint of shrimps picked clean from their shells; put them in one and one-half cups of cream sauce and simmer for two minutes; season with salt and pepper.

Fried Clams.—Prepare a plate of rolled crackers, also a bowl of well-beaten raw eggs; then wash thoroughly in cold water a pint of soft clams, lay them on a cloth to dry; have on the stove a frying kettle half full of fat; roll the clams in the crackers, then dip them in the egg, then roll again in the crackers, and when the fat is smoking hot drop the clams into it and fry until they are a nice brown; to free them from the grease lay them on a blotting pad or brown paper; serve them hot.

Clam Pie.—Three pints of clams; if very large cut them in two; boil up in their own liquor. Boil three large potatoes, and when cold cut in small pieces. Around the sides of the baking dish put pie crust and then alternate layers of the clams and potatoes, seasoning with salt, pepper, butter and a light dust of flour; place an inverted tea cup in the middle of the dish, pushing the mixture aside for the purpose; pour the liquor over, and if it seems too dry pour a little hot water over it; cover with crust, cut a hole in the crust, place in oven and bake nearly three-quarters of an hour.

Clam Fritters.—Carefully wash all sand away from a bunch or pint of clams, and chop them very fine; strain the water in which they were washed; have ready over the fire a frying kettle half full of fat; mix together a cupful of flour, the chopped clams, the yolk of a raw egg, a level teaspoonful of salt and a quarter of a saltspoonful of pepper, and enough of the water in which the clams were washed to make a thick batter; when the fat is hot, beat the white of one egg to a stiff froth, stir it into the fritter mixture, drop it by the tablespoonful into the fat when it is smoking hot, and fry the fritters; when they are brown take them out of the fat with a skimmer, lay them on brown paper for a moment to free them from grease, and then serve them hot.

Clam Chowder.—Wash the clams, put them into a pan, turn boiling water over them, and cover them tight. Let them stand ten or fifteen minutes. Then take out all the clams, cut off the black heads, flour them and season with a little nutmeg, mace, pepper and salt. Take three quarts of the liquor, and put it into a saucepan to boil. To one-half pound of butter rub well three tablespoonfuls of flour and stir it into the liquor. Put in the clams and let them boil fifteen minutes. If you like, add one pint of cream or milk.

Stewed Clams.—Take twenty-five large sand clams from their shells and add to them equal parts of their own liquor and water, enough to nearly cover them; put them in stew pan and cook for a half-hour over a slow fire; as the scum rises skim it off;

rub together one-half cup of butter and one-half tablespoonful of flour and stir into it, and a pinch of pepper; cover and let them simmer about fifteen minutes longer; then serve. Pour over toast if you wish. They will be nicer by substituting milk for the water.

FROM FRENCH AND ITALIAN CHEFS.

Stuffed Clams à la Française.—Fill six or twelve clam shells with clam forcemeat (see page 218), flatten the meat with the hands, moisten with a little clarified butter, sprinkle fresh bread crumbs over same, smooth the surface, place them in a baking pan and bake for six or eight minutes. Serve on hot dish with a little lemon and parsley greens.

Broiled Clams à la Italienne.—Dip your freshly opened clams in half bread and half cracker dust, smooth with the hands, then broil them in butter for nearly three minutes on each side, season to suit the taste, and serve on toast. Glaze them on top sparingly with maître d'hôtel sauce (see page 200).

Broiled Oysters.—Dip your fresh oysters into half bread and half cracker dust, smooth with hands, broil in butter for nearly two and one-half minutes on each side; season to suit the taste and serve on toast. Glaze oysters sparingly with maître d'hôtel butter (see page 212).

Oysters à la Française.—Blanch some fresh oysters in their own juice by boiling them for two minutes; strain off juice. Spread some chicken forcemeat (see page 217); place them in a pan. Put on each oyster some crumbs dipped in egg, and fry with butter or lard for about three minutes. Take out and serve with lemon and parsley or other greens.

Oysters à la Napoleon.—Chop an onion very fine; place it in a stew pan with two tablespoonfuls of butter, and let it get a golden brown; then add a tablespoonful of cooked finely minced spinach, also a small glassful of white wine. Have twenty medium-sized oysters chopped exceedingly small and seasoned with a pinch of salt and the same of pepper; place these in the stew pan and let cook for fifteen minutes. Put in one whole egg; then take six large, clean oyster shells; fill the bottoms with a bed of three parboiled oysters, cover them with the spinach mixture, and besprinkle with fresh bread crumbs. Flatten the tops with the blade of a knife, pour a very little clarified butter over, and put them for three minutes in the oven. Serve hot, garnishing with parsley leaves.

Fried Soft-shelled Crabs.—Procure good-sized soft-shelled crabs, cleanse and wash them thoroughly, dip each one in flour, then in beaten egg, and finally in bread crumbs or pulverized crackers, using them very lightly. Fry in very hot fat for five minutes, drain, season with one pinch of salt evenly divided, and serve on a hot dish with lemon and fried parsley around.

Broiled Soft-shelled Crabs.—Have nice-sized fresh soft-shelled crabs, cleanse and wash them well, then drain them, oil them slightly, and season with a pinch of salt and half a pinch of pepper. Put them on the broiler and broil for five minutes on each side. Have pieces of toast ready, lay a crab on top of each, slightly glaze them with a little maître d'hôtel butter, and serve hot.

Crabs à la American.—Select one dozen hard-shelled crabs that have been boiled, and pick the meat in as large pieces as possible; place the meat in a bowl and add the following: One-half cupful of finely shredded lettuce leaves, one pinch of salt, half a pinch of pepper, one tablespoonful of olive oil, and one and a half tablespoonfuls of vinegar. Refill six well-cleaned shells with the salad, and on each one lay a good teaspoonful of Mayonnaise sauce (see page 209) sprinkled over with one hard boiled finely chopped egg, the yolk and white separated, some crab or lobster coral, and a teaspoonful of chopped parsley. Serve with parsley greens and lemon.

Lobster à la Cleveland.—Split two fine good-sized freshly boiled lobsters; remove all the meat carefully, then cut it up into pieces one inch in length. Have a pan on the hot range with half a gill of good olive oil, and when the oil is very hot add the pieces of lobster. Chop very fine one medium-sized peeled onion, one fine sound green pepper and half a clove of peeled very sound garlic; add all to the lobster and let cook for five minutes, gently mixing meanwhile. Season with a pinch of salt and half a saltspoonful of red pepper, adding also half a wineglassful of good white wine. Reduce for two minutes, then add one gill of tomato sauce and one medium-sized sound red peeled tomato, cut into small dice-shaped pieces. Cook for ten minutes longer, gently shuffling meanwhile. Pour the whole into a very hot deep dish and serve.

Lobster à la Marseilles.—Add to one glassful of red wine in a stew pan one chopped shallot, and half of a small carrot cut into exceedingly small pieces. Boil for five minutes, and then put in pieces of boiled lobster, the same quantity as for the above (about a pound and a half), a pinch of salt, a third of a pinch of pepper and a very little nutmeg, also about one cupful of lobster sauce; stew well together for about five minutes and serve.

Lobster with Curry.—Pick out all the meat from two good-sized fine freshly boiled and split lobsters. Cut the meat up in one-inch-length equal pieces. Have a saucepan on the hot range with an ounce of very good butter; add the lobster to it, and let cook for five minutes. Season with one pinch of salt and half a pinch of pepper. Place in a bowl one tablespoonful of Indian curry, with half a wineglassful of good white wine, mix well together, then pour it into the lobster. Cook for two minutes. Add two gills of hot Spanish sauce, shuffle briskly for one minute longer. Make a border of fresh-boiled rice all around the hot dish;

dress the lobster right in the center of the dish and serve hot. (See Spanish sauce, page 210.)

Broiled Lobster.—Cut three small raw lobsters into two equal parts, taking out the gravel from the head; season with one pinch of salt and half a pinch of pepper, and rub with a very little oil; then broil the pieces for ten minutes. Take them from the fire, and remove the meat from the head of the lobsters and put it in a salad bowl with some melted butter, and mix well together; take the meat from the balance of the lobster, dip it in the sauce, and return it to its shell; warm again for two minutes in the oven and take out. Garnish the shells with parsley greens and lemon, and serve with a sauce.

Stuffed Lobster.—Fill the empty lobster tails with lobster forcemeat (see page 218), roll them in bread crumbs, put them on a baking dish, smoothing the surface with a knife; place them in a baking pan. Pour a little clarified butter over, and brown gently in the oven for six minutes, and serve with a garnish of parsley greens and lemon.

GAME, FROGS AND TERRAPIN.

The formulas for preparing all kinds of game, poultry and meats have been carefully selected from the leading American, French and Italian chefs. All the sauces, butters, herbs and garnishes mentioned in this book can be found in Sauces, pages 199–212.

How to Boil Terrapin.—Terrapin should be alive when brought from the market. Wash them by putting them for half an hour into a tub or large pan half filled with clean cold water; have over the fire a large pot half full of boiling water; plunge the terrapin into this head first, grasping them from the back to avoid the possibility of a bite; let the terrapin boil from five to ten minutes, or until the skin of the claws or leg can be rubbed off with a wet cloth; after this outer skin is removed, put the terrapin again over the fire in sufficient clean boiling water to cover them, with a teaspoonful of salt to each quart of water, and boil them gently until the shells begin to separate at the sides; the length of time will vary. The shells are joined at each side, between the fore and hind claws or legs, with small serrated points, which part slightly when the terrapin are tender; sometimes they are tender in fifteen or twenty minutes, but often a longer time is required for boiling. When the shells of the terrapin can be parted, take them from the boiling water, and let them cool until they can be dressed.

How to Dress Terrapin.—Loosen the sides of the shells of boiled terrapin as soon as they are cool enough to handle; lift off the top shell, which is held to the spine of the terrapin by small bands of flesh; these are to be pulled or cut apart; then remove the under shell. The entrails of the terrapin lie in a mass, with the eggs and liver embedded in them, and the legs are attached to them by crossing bands of flesh; pull off the legs, leaving the flesh attached to them, break off the sharp claws at the extremities of the feet; separate and throw away the head, and put the legs on a dish; carefully remove all the eggs, and put them into a bowl of hot water; separate the liver from the entrails, and cut out that part of the liver which contains the small dark green gall-bag that can be seen at one side of the liver. The utmost care should be taken to avoid cutting or breaking the gall-bag; in removing it, the liver should be held over an empty dish, and, if the gall-bag is cut or broken, the liver should be thrown away, and the hands washed before the dressing of the terrapin is resumed. After the gall-bag is removed, cut the liver in pieces about half an inch square, and put it with the flesh of the terrapin. Only the flesh, eggs and liver of terrapin are ordinarily used; old Southern cooks sometimes scalded and scraped the intestines, and added them to terrapin stew.

Stewed Terrapin with Cream.—For a pint of terrapin-meat, use two heaping tablespoonfuls of butter and one of dry flour; stir them over the fire in a thick saucepan until they bubble; then gradually stir in a pint of cream, a level teaspoonful of salt, a quarter of a saltspoonful each of white pepper and grated nutmeg, and a dust of cayenne; next put the terrapin into the sauce and stir it until it is scalding hot; draw the saucepan to the side of the fire, where its contents will not boil, and stir in the yolks of four raw eggs previously beaten smooth; do not allow the terrapin to boil after adding the eggs, but pour it at once into a tureen containing a gill of good madeira and a tablespoonful of lemon juice, and serve it.

Terrapin à la Maryland.—Cut up two terrapins; place them in a saucepan with half a wineglassful of good madeira wine, half a pinch of salt, and a very little cayenne pepper, also an ounce of good butter. Mix well a cupful of good sweet cream with the yolks of three boiled eggs, and add it to the terrapin, briskly stirring constantly, while thoroughly beating, but without letting it come to a boil. Pour into a hot bowl and serve very hot.

Frogs.—The hind legs are the only part used; skin and wash them, roll them in cracker dust, then in beaten eggs, then again in cracker dust. Have in frying pan some hot butter, lay them in and fry a golden brown; garnish with slices of lemon and sprigs of parsley.

Green Turtle Fried.—Cut thin slices of tender uncooked turtle flesh, or of cold cooked turtle; roll them in cracker crumbs, then dip them in beaten egg, and again roll them in crumbs; have ready over the fire a frying pan containing about half an inch of butter melted, and when it begins to smoke put in the slices of turtle and fry them light brown; when the slices are fried, lay them on brown paper in a dripping pan to free them from grease, and keep them hot in the oven until the sauce is made as follows: Pour nearly all the butter out of the frying pan; stir in half a pint of cream, half a pint of mild tomato catsup, and enough flour or cracker crumbs to make a sauce of the proper consistency; let it boil for two or three minutes while the fried turtle is being dished with a garnish of sliced lemon or fresh watercresses; then pour the sauce into a bowl, and serve the dish. Any other well-seasoned sauce may be used with fried turtle.

Tender turtle steaks are very good broiled, and served with any acid jelly.

To Prepare Frogs' Legs.—The hind-legs of large frogs are the only parts used; the bodies are separated in the middle, and the legs are skinned. The flesh of the legs is white, very tender, and somewhat resembles that of poultry. After the frogs' legs are skinned, wash them well in cold water, put them over the fire in salted boiling water, and boil them for five minutes; then throw them into cold water to cool. This process is called blanching, and must always be done if the flavor is to be considered. After the frogs' legs are blanched, they may be fried or broiled according to any of the recipes for frying or broiling fish, or stewed in a white broth.

Broiled Frogs.—Select eighteen good-sized fine frogs' legs, peel off the claws, then lay the legs on a dish and pour two tablespoonfuls of sweet oil over, season with a pinch of salt and a pinch of pepper, and squeeze in the juice of a fresh lemon. Roll them around several times in their seasoning, then place them nicely on the broiler and broil them for four minutes on each side. Take them off and dress them on a hot dish, pouring a gill of maître d'hôtel butter over (see page 212), and send to the table immediately.

Squirrels Stewed.—Skin, clean thoroughly, wash in cold water and wipe quickly two nice fat squirrels. Cut them in quarters, put in frying pan a layer of salt pork cut thin, then lay the squirrels in, seasoning with salt and pepper; if necessary, put in a little butter; add enough hot water to prevent burning; cover and cook slowly until the squirrels are tender. When nearly done, remove the cover, so the water will boil away. Add enough cream or milk to moisten them, let them heat again and serve hot.

Squirrel Pie.—Select two fresh squirrels; skin, clean and wipe off thoroughly with a damp cloth; cut into small pieces; put into stew pan with two slices of salt pork, with water enough to nearly cover. Cook until half done, season with salt and pepper; rub together two tablespoonfuls of butter and two tablespoonfuls of flour, and stir in to thicken the gravy; pour into a deep bake dish and cover with pie crust. Bake half an hour. Squirrels may be fried, broiled or stewed, the same as chicken.

Stewed Rabbits.—Select two nice fresh rabbits; skin, clean well and cut in small pieces; let it lay in salted cold water one hour; then put in stew kettle, covering with cold water; place on the stove and boil until tender. Season with salt and pepper. Rub smooth together two tablespoonfuls of flour and one tablespoonful of butter, and stir into the gravy. A little lemon juice is an improvement. Serve all together on a platter.

Fried Rabbit.—Skin, clean, wash and wipe dry. Roll in flour and fry in hot butter. Season with salt and pepper. If the rabbit is not tender, parboil for half an hour first.

Opossum.—Clean thoroughly and scrape it. Mix together some bread crumbs, chopped onion, parsley, salt and pepper, and the liver chopped fine and a beaten egg. Stuff the body with this mixture. Sew it up and roast it. Baste often with salt and water to have it crisp. Dip a cloth in its own grease and rub it well. When done take up on platter and garnish with sprigs of parsley and sliced lemon, and put a baked apple in its mouth.

Seasoning for Venison.—Take bread, and add a little chopped pork and onions, a little cloves, mace, pepper, salt and thyme. Wet it with wine and the white of egg. When the gravy is made add more wine.

Venison Steaks.—Heat and grease the bars of a broiler, having a bright fire with live coals at the top; lay the steak on broiler and turn often, so as not to burn; when done place on hot platter, salt and pepper, and lay bits of butter over it; cover and set in oven for five minutes. Serve with a bit of jelly on each piece. Be sure the plates are warm, as venison cools quickly.

Roast Venison.—Wipe off with a damp cloth the haunch of a venison. Rub over with butter, make a thick paste of flour and water, and cover the top and sides half an inch deep; lay a heavy paper over it, and place in dripping pan having a cup of water in it. Set in a well-heated oven, baste every fifteen or twenty minutes with butter and water. Half an hour before serving remove the paper and paste, and sprinkle with flour and baste with butter until it is a nice brown. Take up on platter. Pour in dripping pan one pint of water, add a pinch of cloves, nutmeg, cayenne, a few blades of mace; thicken with flour and water. Strain before sending to table. Serve currant jelly with the roast.

Stewed or Potted Pigeons.—Carefully pluck half a dozen pigeons; singe them, wipe them with a wet towel, and cut off the head and feet; in drawing them take care not to break the entrails, and save the hearts, livers and gizzards; put two tablespoonfuls of butter in a saucepan, let it get smoking hot, then put in the pigeons and brown them; when they are brown, dust over them a tablespoonful of dry flour, and move them about until the flour is brown; then cover them with boiling water, season them palatably with salt and pepper, and simmer them gently until they are tender. Meantime, shell enough very young green peas to fill a pint measure; if the pods of the peas are not clean, wash them before shelling, but do not wash the shelled peas. When the pigeons are tender, put the peas with them, and continue to cook them until the peas are just tender; then serve the pigeons in a deep platter, with the peas under them.

Squab Pie.—Make a good pastry according to any of the recipes already given, and line a deep earthen dish with it; cut a pound of the breast of tender veal in slices half an inch thick, after first taking out the bones, and put a layer of the meat around the sides and on the bottom of the dish; carefully pluck six squabs, cut off the heads and feet, singe and draw them, and wipe them with a wet towel; chop the livers and gizzards fine, with an equal weight of fat salt pork or bacon; add to them then an equal measure of fine bread crumbs, one raw egg, and a palatable seasoning of salt and pepper, and use this forcemeat to stuff the squabs; lay them in a dish prepared as directed above, and put over them the rest of the sliced veal; put over the fire in a frying pan a dessertspoonful each of flour and butter, stir them until they are brown, then stir with them a cupful and a half of boiling water and a palatable seasoning of salt and pepper; when this sauce boils, pour it into the squab pie, and cover the pie with an upper crust of pastry, wetting the edges to make them adhere; cut several slits in the upper crust, and brush it over with beaten egg. Bake the pie for two hours in a moderate oven, taking care that it does not burn; if the crust browns too quickly, cover it with buttered paper and moderate the heat of the oven. Serve the pie hot or cold.

Boiled Partridge.—Pluck and dress the birds, leaving them whole; wipe them with a wet cloth; put in stewpan and cover with boiling water, with three teaspoonfuls of salt; boil moderately for fifteen minutes; meanwhile put one coffee cup of cream in saucepan, set it in a pan of boiling water; add to it one tablespoonful of butter, a quarter of a saltspoonful of white pepper; stir one way until the butter is melted; place it where it will keep warm; when the partridges have cooked very tender, take them up, wipe dry, put them on a hot platter, pour the cream sauce over them; serve hot.

Broiled Quail.—Clean and wipe with a wet towel carefully, and divide down the back; season with salt and pepper, and place on a hot broiler over a bright fire with coals on top; turn often, and when tender lay on a hot dish; butter well and serve on buttered toast.

Baked Prairie Chicken.—After cleaning well, stuff them with a dressing made of bread or cracker crumbs, one onion chopped fine, one stalk of celery chopped, salt, pepper and melted butter; sew together, and tie firmly with a string; place in a steamer and steam until tender; then take up and put in dripping pan; rub with butter, and sprinkle with flour, pepper and salt; set in oven and roast to a delicate brown; baste often with melted butter; take up on platter and garnish with parsley and currant jelly.

Broiled Doe-Birds.—Singe and clean well five fine doe-birds; split them through the back without detaching the parts, and lay them on a dish. Season with a good pinch of salt, half a pinch of pepper, and one tablespoonful of oil; roll them in well, and broil for five minutes on each side. Prepare a hot dish with bread toasts; arrange the doe-birds on top, and serve with maître d'hôtel butter well spread over. Decorate the dish with some nice garnish.

Grouse Roasted.—Clean well and truss four fine fat grouse; place them in a roasting pan with cupful of water, spread a little butter over each, and season with a pinch of salt; put them into a good oven and let cook for twenty minutes, taking care to baste frequently with their own gravy; then untruss. Have a hot serving dish ready; arrange the grouse on some toasted bread, and decorate the dish with a little watercress and lemon; strain the gravy into a bowl, and serve it separately.

Reed-Birds Roasted.—Select freshly killed fat reed-birds; cut off their legs and wings, pick the eyes out, and remove the skin from the heads; clean and wipe them neatly, and with a skewer remove the gizzards from the sides, then cover their breasts lightly with thin slices of bacon; arrange them on kidney skewers, and lay them in a roasting pan; season with a pinch of salt, spread a very little butter over, and set them in the oven to roast for six to eight minutes; put on toasted bread; garnish nicely and serve.

Plovers Broiled.—Singe and clean nicely some fine plovers; pick out the eyes, split them through the back without separating the parts, and place them on a dish; season with one pinch of salt, half a pinch of pepper, and a tablespoonful of sweet oil; roll them in well, and put them on a broiler to cook for four minutes on each side. Dress them on a hot dish with pieces of toast, spread over maître d'hôtel butter, decorate with some nice garnish and serve.

Quails Broiled with Bacon.—Select five fat quails; singe and clean them well; split them through the back without separating the parts, and break the two leg bones. Put them on a dish; season with a pinch of salt, half a pinch of pepper and a tablespoonful of sweet oil, mixing them in well, and put them to broil on a moderate fire for six minutes on each side. Arrange toast on a hot dish, lay the quails on top, and pour over some maître d'hôtel butter (see page 212), decorating with slices of broiled bacon, and serve on hot dish.

Partridge Broiled.—Singe, clean and wipe neatly four small partridges; cut them in halves, lay them on a dish, and season with a good pinch of salt, half a pinch of pepper, and a tablespoonful of oil. Roll them in well, then put them to broil for six or seven minutes on each side. Prepare slices of fried hominy. Arrange them on a hot dish; place the partridges over, and pour over some maître d'hôtel butter (see page 212); place slices of broiled bacon over the birds and serve on hot dish.

Squabs Broiled on Toast, with Bacon.—Singe and clean well, cut the necks off, and wipe nicely some good-sized squabs; split them without detaching the parts, then lay them on a dish and season with a pinch of salt, half a pinch of pepper, and a tablespoonful of sweet oil; roll them in well, and put them to broil for six minutes on each side. Prepare a dish with toasted bread; arrange the squabs over, and spread over on top some maître d'hôtel butter (see page 212). Decorate the dish with slices of broiled bacon and serve.

Woodcock Broiled with Bacon.—Singe and clean well, pick out the eyes, and remove the skin from the heads of six fine woodcocks; wipe them neatly, and split them through the back without separating the parts. Put them on a dish to season with a pinch of salt, half a pinch of pepper, and one tablespoonful of sweet oil. Roll them in well, then put them on to broil with the bills stuck into the breasts; let broil for three to five minutes on each side; then arrange on a dish with toasted bread covered with pieces of their hearts and liver, pour over some maître d'hôtel butter, lay on some thin slices of bacon and serve.

English Snipe Broiled.—Clean well and dry some fine snipe; remove the skin from the heads, split them in two without detaching the parts, and put them on a dish; season with a pinch of salt, half a pinch of pepper, and a tablespoonful of oil; roll them in well, then put them to broil with the bills stuck into the breasts, and let them cook for four minutes on each side; prepare a hot dish with toast, arrange the snipe over, spread maître d'hôtel butter on top; garnish the dish with a little watercress, and serve.

Canvas-back Ducks Roasted.—Select two fine fat canvas-back ducks, singe, and clean well; throw a pinch of salt inside, run in the head from the end of the neck to the back, truss nicely, and place in a roasting pan. Sprinkle a little salt over, put them in a brisk oven, and let cook for twenty minutes; arrange on a very hot dish, untruss, throw two tablespoonfuls of white broth into each duck, and serve with slices of fried hominy and currant jelly.

Canvas-back Ducks Broiled.—Select two fine fat canvas-back ducks; split them through the back without detaching them, and lay them on a dish to season with a good pinch of salt, half a pinch of pepper, and a tablespoonful of oil. Roll them in well, and allow them to broil seven to eight minutes on each side. Put them on a hot dish, spread over some maître d'hôtel butter, garnish nicely and serve.

POULTRY.

To Fry Chickens.—Cut the chickens in small pieces. Then take half butter and half lard, and heat it. Pepper, salt and flour the chickens, and fry them brown. When done, take them out and put them on a dish. Take some of the lard from the frying pan, as there will be too much for the gravy, mix with the rest some cream and parsley. Boil up, and pour it over the chickens.

Pressed Chicken.—Fricassée your chicken, taking care to brown the skin nicely, and season to taste. When done, set by to cool. Then after removing all the bones, take a chopping knife and chop finely, leaving in all the oil of the fowl; if this be not enough, add a piece of butter. Then pack closely in a dish, as you wish it to go to the table.

Chicken Jelly.—Cut up a fowl as for fricassée, boil until tender, take out the chicken, and chop it in small pieces. Then to the broth add a little pepper, salt and summer savory. Dissolve one-half ounce of gelatine, and stir it with the broth in a bowl. When it begins to congeal, add the chicken, and pour the whole into a mould.

Roast Chicken with Chestnuts.—Use the chicken boiled for chicken and rice soup, or dress a small fowl carefully, and boil it gently until it is tender, in sufficient water to cover it; while the chicken is being boiled, either boil or roast enough chestnuts to fill it; if the nuts are to be roasted, make a cross cut on each to prevent the bursting of the shell; remove the shells and skin of the chestnuts, fill the chicken with them, and brown it quickly, either before an open fire or in a hot oven, basting it every five minutes with butter, salt and pepper mixed together; serve the chicken as soon as it is brown.

Chicken Croquettes.—One boiled chicken, chopped very fine and seasoned with pepper, salt and a very little nutmeg. Put into a saucepan a piece of butter the size of an egg, one tablespoonful of flour, two eggs and one-half tumbler of cream. Mix till smooth. Then boil till the flour is cooked, taking care not to let it turn dark; if too thick, add a little more cream. Mix this with the chicken while warm; then shape the croquettes, and put them on the ice to harden. When cold, roll them in egg beaten with crumbs, and fry in lard.

Jellied Veal or Chicken.—Put some veal on to boil, with a little salt. When well cooked, mince it very fine, and add a little of the liquor, with some pepper, thyme, summer savory rubbed fine, and a little mace. To one quart of the liquor that is left add one-half ounce of Cox's gelatine, and if it is not clear, put in the whites of one or two eggs. Put some of it in the bottom of some moulds, add the veal pressed in them, fill the top with jelly.

Terrapin Veal.—Cold veal cut in dice, six hard-boiled eggs chopped, one wine glass of wine, one cup of cream, pepper, salt and spice. Serve hot.

Chicken Quenelles.—Mix together half a cupful each of the soft part of bread and of cooked chicken meat chopped fine. Season with salt and cayenne, and moisten it with enough raw yolk of egg to bind it, so that little egg-shaped pieces can be made; roll them in egg and cracker dust, and fry in butter.

Boiled Chicken.—Carefully pluck and draw a tender chicken, singe it, wipe it with a wet towel, cut off the head and feet, and truss it for boiling; put the chicken over the fire in sufficient water to cover it, with a level tablespoonsful of salt, and a teaspoonful of peppercorns or a small red pepper. Boil the chicken until it is tender, then serve it with cream onion sauce. A fowl boiled very gently for about four hours, or until it is tender, and served with cream onion sauce, makes an economical and palatable dish. The chicken or fowl may be boiled until nearly tender enough to serve, then taken from the broth, put into a saucepan with the onion sauce, and the cooking finished in this way.

Chicken Pie.—Joint the chickens, which should be young and tender; boil in just enough water to cover them; when nearly tender, take them out of the liquor, and put them in a deep pudding dish lined with pastry; to each layer of chicken put three or four slices of pork; add a little of the liquor in which they were boiled, and two ounces of butter cut in small pieces sprinkle a little flour over the whole; cover with pastry, and bake in a quick oven.

Fricasséed Chicken.—Cut young chickens, and lay them in milk and water for about one hour. Then drain on a sieve, and rub each piece with flour. Gravy: Rub together one spoonful of flour and one spoonful of butter; add a little salt, nutmeg, pepper and two-thirds of a wine glass of white wine; then add one pint of cream. Let the whole simmer till the flour is cooked. Pour this over the chicken, which should have been fried in sweet lard till nicely browned. Do not pour the gravy over it till just ready to send to the table.

Smothered Chicken.—After dressing the chicken, cut it open at the back, sprinkle with salt, pepper and little lumps of butter. Put in a baking pan, cover with another pan, and bake one hour. Baste often with butter.

Baked Chicken Pudding.—Cut up a pair of young chickens, and season them with pepper, salt, a little mace and nutmeg. Put them into a pot with two large spoonfuls of butter, and water enough to cover them. Stir them gently, and when half cooked, take them out and set them away to cool. Pour off the gravy, and reserve it to be served separately. Make a batter of one quart of milk, six eggs well beaten, flour and a little salt. Put a layer of chicken in the bottom of a deep dish, and pour over it some of the batter; then another layer of chicken, and more batter, until the dish is full, having a cover of batter on the top. Bake to a light brown. Break one egg into the gravy which you have set away; give it one boil, and serve as sauce to be eaten with the pudding.

FORMULAS FROM FOREIGN CHEFS.

The following formulas for preparing chicken are from foreign chefs:

Chicken Croquettes à la Italienne.—Make a croquette preparation, using any formula. Then roll them into any croquette shape desired; dip each one separately into beaten eggs, then fresh bread crumbs or cracker dust; fry them on a good hot fire for nearly five minutes; then put them into a colander and drain them thoroughly. Place them on a hot dish, and serve with some nice meat or chicken sauce.

Chicken Legs à la Italienne.—Cut the legs from three or four nice-sized chickens; clean them well, put in vessel and let them boil for ten minutes; remove from stove, allow to cool, then season to suit the taste; add two tablespoonfuls of nice sauce and half a teaspoonful of ground mustard; mix well in this, then roll them into fresh bread crumbs and put them on fire to broil for four or five minutes on each side. Put on hot dish, pour over some nice gravy or sauce; garnish nicely with greens and lemons, and serve.

Chicken Pot-pie.—Take a fine chicken weighing about four pounds, singe and clean thoroughly, and cut into twelve even pieces. Put these into a saucepan, and cover them with cold water; leave them in one-half hour, then wash well, drain, and return them to the saucepan. Cover again with fresh water, season with two pinches of salt, one pinch of pepper, and a third of a pinch of nutmeg; add a bouquet of herbs, six small onions, and four ounces of salt pork cut in square pieces. Cook for three-quarters of an hour, taking care to skim well, then add one pound of raw potatoes, and three tablespoonfuls of flour diluted with a cupful of cold water. Stir until it boils, then let cook for ten minutes. Remove the bouquet and transfer the whole to a deep earthen baking dish; moisten the edges slightly with water and cover the top with a good pie-crust. Egg the surface.

Chicken Livers Stewed in Madeira Wine.—Take one pound of chicken livers; clean them well with a cloth, then fry them in a pan, with two tablespoonfuls of butter, on a brisk fire, for five minutes. Season with a pinch of salt and half a pinch of pepper, add half a glass of madeira wine, reduce for one minute, then pour over about half a pint of Universal sauce (see page 208). Cook again for three minutes, then add one tablespoonful of good butter and the juice of half a lemon, tossing well without letting it boil; pour the whole on a hot serving dish, and serve with some heart-shaped pieces of fried bread.

Chicken Roasted, Plain.—Singe and clean nicely a large chicken. Cover it with a thin slice of salt fat pork, and place it in a roasting pan with two tablespoonfuls of broth. Spread a little butter over the breast, sprinkle on half a pinch of salt, and put it in the oven to cook for fifty to sixty minutes. Baste it frequently, and arrange it on a hot dish and decorate with a little watercress. Strain the gravy into a sauce bowl, and send it to the table.

Chicken Livers with Bacon.—Procure twelve fresh chicken livers; dry them well with a clean cloth, season with half a pinch each of salt and pepper, and cut each liver in two. Now prepare four slices of lean bacon, broil them for one minute, then cut each slice into six pieces. Take six skewers, run a skewer through the center of the liver, the same with a piece of bacon, and continue the same process until the six skewers are each one filled with a piece of liver and a piece of bacon. Roll them on a dish with one tablespoonful of good oil, dip them in fresh bread crumbs, and put them on a moderate fire to broil for five minutes on each side. Arrange them on a hot dish, pour over two ounces of maître d'hôtel butter (see page 212), and serve with some nice garnish.

Chicken Broiled with Bacon.—Select two fine tender spring chickens; singe, clean thoroughly and cut the heads off, then split them without separating. Place them on a dish, season with one pinch of salt, half a pinch of pepper, and one tablespoonful of sweet oil; turn them well in the seasoning. Put them to broil for ten minutes on each side. Prepare slices of small toasts on a hot dish, arrange the two broiled chickens over, spread half a gill of maître d'hôtel butter on top (see page 212), and decorate with thin slices of broiled bacon, and serve hot.

Chicken Sauté à la Eugene.—Clean well and cut into pieces two small tender chickens. Lay them in an oiled pan, and brown slightly on both sides for five minutes, seasoning with a good pinch of salt and half a pinch of pepper. Pour over half a pint of Universal sauce (see page 208) and quarter-pint of mushroom liquor. Add twelve mushroom buttons and two truffles cut in thin slices, also half a glassful of madeira wine. Let cook for twenty minutes, then serve with six fried eggs and some small pieces of fried bread cut into heart-shapes.

Chicken à la Maryland.—Select two small tender spring chickens, leave the half of one aside for other use, and detach the legs and the wings; lay them on a plate, season with a good pinch of salt and half a pinch of pepper, then dip them in beaten egg and afterward roll them in fresh bread crumbs. Place them in a buttered pan, pour an ounce of clarified butter over, and roast in the oven for eighteen minutes. Pour half a pint of cream sauce (see page 211) onto a hot serving dish, arrange the chicken nicely on top, and decorate with thin slices of broiled bacon; also six small corn fritters. Serve as hot as possible.

Chicken Boiled à la Cleveland.—Singe and clean well two small chickens; truss them from the wing to the leg with a needle, and broil them in good broth for three-quarters of an hour. Prepare a pint of Spanish sauce (see page 210) with the broth of the chickens, adding a half-cup of small pieces of boiled carrots, the same of cooked Lima beans or flageolets, and let all cook together for four minutes. Dish up the chickens, untruss them and pour the sauce over, arranging the vegetables on each side. Serve with chopped parsley.

Chicken Sauté à la Française.—Singe and clean well two small chickens, cut them into twelve pieces, put them in a pan with two tablespoonfuls of oil and one chopped shallot. Let brown well for five minutes, then pour over half a glassful of white wine, adding three artichoke bottoms, each one cut into four pieces. Season with a pinch of salt and half a pinch of pepper, then put the lid on and let simmer slowly for fifteen minutes; when ready to serve, add a little meat glaze (see page 209), the juice of half a lemon, and a teaspoonful of chopped parsley. Dish up the pieces nicely arranged, and garnish with the artichoke bottoms in clusters, and twelve small cooked potatoes.

Chestnut Stuffing.—One tablespoonful of butter, one-quarter pound of sausage meat, one dozen finely chopped mushrooms, one dozen finely chopped cooked chestnuts, one teaspoonful of chopped parsley, one finely chopped shallot; place pan on stove, put in the butter and then add the shallot and let heat for a few minutes without browning, then add the meat and cook five minutes longer; then add all the other ingredients, season to suit the taste with salt and pepper and allow to come to a boil; then add one tablespoonful of bread crumbs and twenty-four whole cooked chestnuts, and it is ready to use for stuffing purposes.

To Roast Turkey.—Clean and wash well a nice fat turkey—one about a year old is the best, salt and pepper it inside and out, take about one quart of dry bread crumbs, one-half tea cup of butter cut in pieces (not melted), two stalks of celery cut in pieces, salt and pepper; mix all together thoroughly. Drain one pint of oysters, then fill the turkey; first put in a tablespoonful of the dressing, then a few oysters, and continue this until the turkey is full. Lay it in the dripping pan, sprinkle flour over it, strain the oyster liquor and use it to baste the turkey with. A ten-pound turkey will require three hours' cooking in a moderately hot oven. Cook the giblets tender, chop fine and then add them to the gravy.

Fried Turkey.—Cut from the breast of a raw turkey slices of meat, roll in flour; have in frying pan some hot butter, lay the meat in, salt and pepper it, and fry until it is a light brown; it cooks very quickly and will be as tender as a partridge. If you wish to bake the rest of the turkey you can do so; spread some dressing over the part taken out, and it will not be noticed.

Boiled Turkey.—Select tender turkey, singe and clean well, and truss with a needle from the wing to the leg; put it into a vessel and let cook for sixty minutes, removing to a hot serving dish; decorate with hot slices of cooked ham and two cupfuls of cooked spinach; pour over some hot broth, garnish nice and serve hot. You can garnish with either oyster sauce, celery sauce, egg sauce and boiled or roasted chestnuts.

Boiled Turkey à la Baltimore.—Serve a boiled turkey as described; garnish it with half a head of cooked cauliflower, one good-sized cooked carrot cut in slices, and six cooked small onions, all neatly arranged around the dish, with a cupful of Spanish sauce (see page 210) served separately.

Hashed Turkey.—Take a pound and a half of dice-shaped pieces of cooked turkey; place them in a saucepan with a pint of

Napoleon sauce (see page 207), three tablespoonfuls of mushroom liquor, and two truffles cut in square pieces. Season with one pinch of salt, half a pinch of pepper and the third of a pinch of nutmeg. Let all heat together for ten minutes, then serve with heart-shaped pieces of fried bread; garnish nicely around the dish and serve.

Hashed Turkey à la Crême.—Proceed the same as above, substituting one pint of cold fresh cream and a tablespoonful of fresh butter for the sauce, also omitting the truffles, reducing the cream with the hash to one half, which will take five minutes. Pour on a hot dish and serve.

Boiled Turkey.—Choose a tender hen turkey weighing about seven pounds; have it carefully plucked, singed and wiped with a wet towel; cut off the head and feet, draw it without breaking the intestines; either stuff it with equal quantities of stale bread and oysters, seasoned with salt and pepper, or truss it unstuffed; put it over the fire in sufficient boiling water to cover it, remove all scum as it rises, and boil the turkey gently for about two hours, or until it is tender. While the turkey is being boiled, carefully remove all bits of shell from a quart of medium-sized oysters, and strain their liquor.

Turkey with Oyster Sauce.—When the turkey is nearly done, put in a saucepan over the fire two level tablespoonfuls of flour and two heaping tablespoonfuls of butter, and stir them together until they bubble; then gradually stir in the oyster liquor and enough broth from the turkey to make a sauce of the consistency of cream; season it palatably with salt and white pepper, and let it boil for a moment; put the saucepan containing the sauce into a pan of hot water, and place it on the back of the fire to keep hot until just before dishing the turkey; then put in the oysters, and let them boil once; meantime dish the turkey, remove the trussing cords, pour a little of the oyster sauce over it, and serve it with the rest of the sauce in a boat.

Boiled Turkey with Celery Sauce.—Dress the turkey as directed in the preceding recipe, substituting celery, washed and chopped, for the oysters, both in the stuffing and in the sauce, and taking care that the celery used for the sauce is very white and tender.

Boned Turkey.—Select a fine tender turkey weighing from eight to ten pounds; singe and clean well, wiping the interior; make an incision along the back, boning from the neck down toward the breast on both sides, being careful not to make any incisions in the skin, as it should remain perfect. Make an incision from the first joint, then bone both legs; cut away also, very carefully, the two wing bones; season the inside with one pinch of salt and half a pinch of pepper evenly divided; place it on a dish, and lay it in the ice box until needed. Take two pounds of lean raw veal, three pounds of fresh pork, and half a pound of larding pork, all cut up into dice-shaped pieces; season with two pinches of salt, one pinch of white pepper, the third of a saltspoonful of grated nutmeg and the same quantity of thyme; mix all well together; place all in the chopping machine and chop it exceedingly fine, repeating the process, if necessary, until it is chopped to perfection. Should there be any sinews among the ingredients, remove them all; place on a cold dish and put away in the ice box to cool until the following is prepared: Have ready a quarter of a pound of the red part of a cooked smoked beef tongue, cut in dice-shaped pieces half an inch square; take some forcemeat from the ice box, and thoroughly mix the tongue with it, pouring in also a wineglassful of madeira wine; take the turkey from the ice box, spread it on a clean table skin side downward; then with a keen knife cut away even slices from the breasts, arrange them on the thin, so that the turkey shall have an equal thickness all over; place the forcemeat right in the center of the turkey, column shaped, leaving a clear space of two inches at each end and of four inches at each side; spread on a table a strong, clean napkin, sprinkling over it a little cold water; fold up first both ends of the turkey, then both sides, so that the four ends should be enveloped; gently lift and lay it right in the center of the napkin; roll it carefully in the napkin; tightly tie one end first, then the other, as firmly as possible, taking in the slack of the napkin; place it in a large saucepan on the hot range, with the carcass and whatever bones and *débris* pertain to it completely covered with cold water, place the lid on, and when coming to a boil thoroughly skim it, then add one medium-sized sound scraped carrot, and one well-peeled onion with three cloves stuck in; season with one pinch of salt, and then let boil on a moderate fire for fully two and a half hours; remove the galantine with a skimmer; let cool a little, so that it can be easily handled; cut the strings at both ends; roll it over again as before, and tightly tie both ends exactly as before; lay it in a flat tin pan, placing on top of it a board the size of the boned turkey, and on top of it a weight of seven pounds, leaving the weight on until the galantine is thoroughly cold, which will take a whole night; but avoid placing it in the ice box until thoroughly cold; two days after the preparation it will be ready for use, keeping it in the ice box in the same napkin in which it was cooked.

Roast Goose.—Parboil for two hours; then fill with seasoned mashed potatoes, lay in dripping pan, add salt and pepper, pour over one coffee cup of hot water; baste often. Serve with cranberries.

Roast Duck.—Parboil for two hours, as that takes away its strong taste, before putting to roast; sprinkle with salt and pepper; make a dressing by using six sour apples, peeled, quartered and cored, and cook until about half done; add a cup of bread crumbs, some powdered sage, an onion cut in very thin slices, a pinch of cayenne pepper; mix together and fill the duck, and roast. Garnish with celery tops.

Brown Gravy for Roast Goose or Gosling.—After the gosling is roasted or baked, pour nearly all the fat out of the pan, but do not pour away the brown part of the drippings; put the pan over the fire, stir into it a heaping tablespoonful of flour, and let the flour brown. Then stir in a pint of boiling water, season the gravy palatably with salt and pepper, let it boil for a moment, and then serve it with the gosling.

The giblets, cooked as directed in the recipe for giblet gravy given below, may be added to this gravy. In that case, the broth in which the giblets were boiled would be used instead of boiling water to make the gravy.

Giblet Gravy for Roast Goose or Gosling.—Skin the head and neck of the gosling; remove all pin feathers from the tips of the wings; scald and scrape the legs and feet, after cutting off the claws; clean the heart and gizzard, and cut away the gall from the liver; put them all into a saucepan with enough boiling water to entirely cover them, with salt and pepper in a palatable quantity, and boil them until the gosling is nearly done; then remove all the bones and chop the flesh and skin. Save the water in which they were boiled; put over the fire in a saucepan a heaping tablespoonful each of butter and flour, and stir them until they are brown; gradually stir in the chopped giblets and broth. If there is not enough broth to make a gravy of the proper consistency, add a little boiling water; season the gravy palatably with salt and pepper, let it boil for a moment, and serve with the roast gosling.

Salmi of Duck à la English.—Select two fine ducks; singe and clean well, wipe neatly, and cut off the wings, legs and breasts; put them in a saucepan, sprinkle a little salt over, and put it in the oven to cook for six minutes; remove them and hash them up. Put them back into a saucepan with a pint of white broth (see page 206) and a small bouquet of herbs (see page 193), and let cook on moderate fire for fifteen minutes. Put two tablespoonfuls of butter in a pan, lay in the wings, legs and breasts, then season with a pinch of salt and half a pinch of pepper; cook on a very brisk fire for three minutes on each side, then add half a glassful of madeira wine and one cupful of Universal sauce (see page 208), and the juice of a lemon; strain the gravy of the carcasses over, and let all cook again for fifteen minutes. Dress nicely on a hot dish and decorate with six heart-shaped pieces of fried hominy, and serve.

EGGS, OMELETS, ETC.

Eggs are one of the most nutritious articles of food, as they contain a highly concentrated form of nitrogenous matter, nearly one-third of their weight being solid nutriment; and for that reason they are highly recommended by all physicians for the sick and convalescent.

Composition of the yolk: Water, 52.0; mineral matter, 1.3; fatty matter, 30.7; nitrogenous matter, 1.0.

Composition of the white: Water, 68.0; mineral matter, 1.6; fatty matter, 0.0; nitrogenous matter, 20.4.

How to Choose Eggs.—Use only eggs that are fresh; reject those you have reason to believe are old and stale, as they are the means of impairing the digestive organs.

To Test Eggs.—The best methods known, without using a mechanical appliance, are: Shake the egg gently near the ear—if a gurgling noise is heard, it is bad; or hold egg to light—if transparent or the yolk can be traced, it is good; if cloudy, it is stale. Another good way is to make a solution of one tablespoonful of salt to one quart of water—if eggs sink they are good; if they rise they are stale. The reason of this is, that a fresh egg is almost full of matter, and as it ages the matter gradually evaporates through the porous shell; the egg matter, becoming less dense with time, consequently will rise to the surface of the water when old, and when stale will float on top of the water.

How to Keep Eggs.—Most authorities concede that the smaller end should be placed down in packing them, and in order to keep them the pores must be closed. The following recipes are considered the best known:

FORMULA 1.

To Make the French Preservative Elixir and Medicated Paper, for Preserving Fruits, Vegetables, Fish and Eggs for Months by Simply Wrapping or Coating Them.

Melt five ounces of stearine at a gentle heat (don't get it hot or boiling), then stir in thoroughly two ounces of carbolic acid, after which add five ounces of melted paraffine (don't throw in the wax, but melt it first); stir the whole well together until it cools (taking vessel with mixture off from stove when stirring the last time), and seal tight in jars or crocks until ready for use. If you wish to make the medicated paper, melt this mixture again at a gentle heat, and take quires of white or manilla wrapping paper and apply with a brush over paper. If you wish simply to use the elixir to coat vegetables and eggs with, melt the mixture as described and apply with brush to the outside; never apply while hot, but when it is just cool enough to use without being waxy or too gummy.

FORMULA 2.

To Make Preservative Paper by the Use of the French Preservative Elixir described in Formula 1.

Take a quire of paper, opening it flat upon a table, going over it quickly with a hot smoothing iron against which is held a piece of the medicated wax described in Formula 1, which, melting, runs down upon the paper and is absorbed by it. A little practice will determine the amount of wax that should be melted off from time to time. When the upper sheet is saturated it is taken off, and one below is treated in same manner. This paper will be found very useful in making small pipes air-proof, also for tying up the necks of bottles, covering preserve jars, and for enveloping tobacco, eggs, fruits and other substances that require to be kept from air, replacing generally tin foil and similar substances. The elixir (made as in Formula 1), when allowed to cool a sufficient time, will make this wax. White or manilla sheets of wrapping paper is best to use; don't have the paper too thin or transparent. It is better to put the wax on this way than described in Formula 1.

By packing the eggs in the preservative paper as described in Formula 2, better results are obtained than coating the eggs. After the eggs are wrapped, pack them in cork dust; it excludes the air better than sawdust, and is a non-conductor of heat or cold. Pears, apples, quinces and other hard fruits packed in this way when in prime condition will keep a long time.

If you have not cork dust (druggist will order it for you), salt is the next best to pack eggs in.

Eggs with Cream.—This dish is quickly prepared, if one has cold boiled eggs. Cut in halves and arrange them cut side downward on a buttered pie plate. Pour over a sauce made of cream thickened with a little corn-starch and seasoned with salt and pepper. If you have any scraps of cold meat, chop fine and mix in the sauce. Over the whole grate a hard-boiled yolk, and you have an attractive and appetizing dish.

Baked Eggs.—Break as many eggs as you wish for your meal on a platter; sprinkle over with salt, pepper and lumps of butter. Set in the oven and bake from five to eight minutes.

Poached or Dropped Eggs.—Break each egg into a saucer by itself. Have a shallow pan half filled with scalding, not boiling, water on the stove. If desired, a little salt and a teaspoonful of lemon juice may be added. Slip the eggs gently from the saucer upon the top of the water, holding the edge of the saucer under water to prevent the eggs from scattering; dip the water over them with a spoon and let them stand five minutes, or until the yolk is covered with a film and the white is firm but not hardened; keep the water just below the boiling point. Take out the eggs one by one on a skimmer, and serve in egg saucers, or on slices of nicely browned toast moistened with a little sweet cream, as preferred. If one is especially particular to keep the shape of the eggs, an egg poacher should be used; or a set of muffin rings may be laid in the bottom of the pan, and the eggs turned into the rings.

Steamed Eggs.—Butter patty pans or egg cups, break an egg in each one and place them in steamer over a kettle of boiling water; let them steam until the whites are well cooked.

Eggs and Macaroni.—Break fifteen whole sticks of macaroni into two-inch lengths, and put to cook in boiling water. While the macaroni is cooking, boil the yolks of four eggs until mealy. The whole egg may be used if cooked so the yolks are mealy and the whites simply jellied, not hardened. When the macaroni is done, drain and put a layer of it arranged loosely in the bottom of an earthen pudding dish. Slice the cooked egg yolks, and spread a layer of them over the macaroni. Fill the dish with alternate layers of macaroni and egg, taking care to have the top layer of macaroni. Pour over the whole a cream sauce prepared as follows: Heat one and three-fourths cups of rich milk to boiling, add one-fourth teaspoonful of salt and one heaping spoonful of flour rubbed smooth in a little cold milk. Cook until thickened, then turn over the macaroni. Sprinkle the top with grated bread crumbs, and brown in a hot oven for eight or ten minutes. Serve hot.

Egg Omelet.—Beat together in a cup one teaspoonful of flour and a little milk; when the flour is smooth fill the cup half full of milk. Break four eggs in a bowl and pour the flour and milk into the eggs. Stir just enough to break the yolks, but not to beat them; have the frying pan buttered and hot, pour this into it and cover it; when it begins to cook roll it up like a jelly roll, and as soon as cooked take it out on a hot platter. Serve hot and with as little handling as possible.

Scrambled Eggs.—Beat four eggs lightly, add a little salt if desired, and half a cup of milk or cream. Have ready a hot oiled saucepan; turn the eggs in and cook quickly, stirring constantly until firm, but soft.

Pickled Eggs.—One pint of vinegar, twelve eggs, one teaspoonful of cinnamon, one teaspoonful of allspice, one teaspoonful of mace; put the spices in a muslin bag and boil in half-pint of water; boil the eggs hard and remove the shells; mix the vinegar and the water the spices were boiled in together and pour over the eggs.

Stuffed Eggs.—Boil eggs hard, remove the shells, cut one end off and take out the yolk; chop some ham very fine, season with salt and pepper, and mix thoroughly with part of the yolks and fill the egg with it; replace the end cut off. You can fill the eggs with sardines or any kind of meat you choose.

Poached Eggs with Ham.—Have ready about a quarter of a pound of cold boiled ham, in one piece, trimmed free from fat; make a dish of very delicate buttered toast; break half a dozen eggs into separate cups, without breaking the yolks; put over the fire a frying pan half full of boiling salted water, add half a cupful of vinegar to it, slip the eggs gently into it without breaking them, and cook them to the required degree; while the eggs are being cooked, grate the ham; when the eggs are done, take them up on a skimmer, slip each one on a slice of toast, lay a tablespoonful of grated ham on each egg, and serve them at once.

Plain poached eggs are served on toast without the addition of the grated ham.

Eggs poached in gravy are very good.

Shirred Eggs.—This form of cooking eggs is a modification of baking them. Small earthen dishes are used, each one holding an egg; the dishes are buttered, an egg put into each one without mixing the white and the yolk, and a little salt and pepper dusted over the eggs; the dishes are then placed upon the back of the stove, or in a moderate oven, until the whites of the eggs are set; the dishes are then sent to the table, and the eggs eaten from them. When the eggs are cooked in the oven, they should be covered with a buttered paper to prevent the browning of the surface.

Broiled Eggs.—Make as many small slices of toast as there are eggs, lay them on a platter, butter them, and on each one put an egg, first broken into a cup; set the dish before the fire where the heat will strike the eggs, and let them cook to the required degree; when the eggs are done, squeeze over them the juice of a sour orange, season them lightly with salt and cayenne, and serve them hot.

Rice Omelet.—Melt a tablespoonful of butter, add it to a cupful each of milk and cold boiled rice, a level teaspoonful of salt, and three well-beaten eggs; put a tablespoonful of butter in a hot frying pan and melt it; when the butter is melted, pour into the pan the ingredients already mixed, set the pan in a hot oven and quickly bake the omelet. As soon as it is cooked, fold it double, turn it out on a hot dish and serve it at once.

Omelet with Jelly.—Put a frying pan over the fire to heat, with a teaspoonful of butter; beat separately the yolks of three eggs with a teaspoonful of sugar, and the whites to a stiff froth; when the butter is melted, mix the whites and the yolks gently together and put them into the hot pan; as fast as the omelet cooks, lift the cooked portion from the pan with a fork, and throw it upon one side of the pan, letting the uncooked part down upon the hot pan. When the omelet is cooked to the desired degree, put a tablespoonful of jelly in the middle, fold the omelet together and turn it out on a hot dish; dust it with powered sugar and serve it.

Pineapple Omelet.—Have ready a tablespoonful of fresh-grated pineapple or of pineapple preserve; mix together three eggs, a teaspoonful of lemon juice, and a tablespoonful of sugar; put into a hot buttered pan, and cook as directed in the recipe for sardine omelet, until it is ready to fold; then put in the pineapple, fold the omelet together and turn it out on a hot dish; dust it with powered sugar and serve at once.

Omelet with Mushrooms.—Use either fresh or canned mushrooms; heat a tablespoonful of chopped canned mushrooms in enough white sauce to moisten them; or clean three fresh mushrooms of medium size, and fry them in just enough butter to prevent burning, seasoning them palatably with salt and pepper. While the mushrooms are being heated, beat for half a minute three whole eggs, a level saltspoonful of salt and very little pepper; put a smooth frying pan over the fire, with a teaspoonful of butter; when the butter begins to brown, pour in the beaten egg; as soon as the egg sets upon the bottom of the pan, break it a little with a fork occasionally, and allow the uncooked portion of the egg to reach the pan; do not break the outer edge of the omelet, and do not stir it all together like scrambled eggs. When the omelet is cooked to the desired degree, put the mushrooms in the middle, fold the omelet together by lifting one-half on a broad flexible knife and laying it over the other; then loosen it entirely from the pan, turn it without breaking it, and serve it at once.

FRENCH AND ITALIAN METHODS.

Sardine Omelet.—Have ready over the fire a frying pan containing two tablespoonfuls of olive oil; remove the skin and bones from two sardines, and cut them in half-inch lengths; beat three eggs, with half a saltspoonful of salt and a slight dust of cayenne pepper, for a minute; have ready half a teaspoonful of lemon juice or vinegar; when the oil is hot, pour the eggs into the pan, place it over the fire, and with a fork slightly break the omelet on the bottom as it cooks, so that the uncooked portion can run upon the pan; do not tear the edges of the omelet. When the omelet is cooked to the required degree (and it should not be too well done), lay the sardines on one side of it, pour the lemon juice or vinegar over them, fold the omelet together, enclosing them, and then turn it out on a hot dish and serve it at once. All omelets should be served the moment they are done, as they harden by standing, and should never be overdone.

Turkey, Goose and Duck Eggs.—Put the eggs into a bowl filled with boiling water for five minutes, keeping the bowl covered tight and in a hot place; then pour off the first water, replace it with more boiling water, and let stand for five minutes longer; serve them like ordinary boiled eggs. Or, actually boil the eggs for five minutes. Either of these methods will cook the eggs medium hard. From ten to fifteen minutes' boiling will cook the eggs hard, according to their size. Duck eggs will cook in less time than turkey or goose eggs.

Tomato Omelet.—Break twelve fresh eggs in a bowl, season them with a pinch of salt and half a pinch of pepper, and beat thoroughly for four minutes. Place two ounces of butter in a frying pan on a hot stove, let it heat well without browning, then pour into it half a pint of freshly cooked stewed tomatoes, suppressing all the liquid. Cook for two minutes, then throw the beaten eggs over, and with a fork mix the whole gently for three minutes; let rest for one minute longer. Bring up the two opposite sides, turn it carefully on a hot dish, and serve.

Oyster Omelet.—Blanch eighteen oysters to boiling point in their own water; drain and return them to the saucepan, moistening with half a pint of Spanish sauce (see page 210); season with half a pinch of salt. Make a plain omelet with twelve eggs; bring the sides toward the center, and fill with the oyster preparation. Turn it on a hot dish, pour the rest of the sauce around, and serve very hot.

Omelet with Fine Herbs.—Break twelve fresh eggs into a bowl, add a pinch of finely chopped parsley, half a pinch of chopped tarragon and half a pinch of chives; also, if desired, half a cupful of sweet cream. Beat the whole thoroughly without stopping for four minutes; melt one ounce of good butter in a frying pan on the hot stove; when it is melted and begins to crackle, pour in the eggs, and mix them gently with a fork while they cook for three minutes; let them rest for one minute, then bring them toward the center, turn it on a hot dish and serve.

Cheese Omelet.—Put one ounce of butter in a frying pan, heat it on the hot stove. Break twelve eggs into a bowl, beat thoroughly for four minutes, adding two tablespoonfuls of grated Swiss cheese, half a pinch of salt and half a pinch of pepper. Pour the whole into the frying pan, and make an omelet; turn it on a hot dish, and besprinkle the top lightly with a very little Parmesan cheese; place in the oven for two seconds, then serve.

Omelet with Rum or Brandy.—Make a sweet omelet as described, and when completed pour around and over it the liquor and set on fire, and serve while liquor is burning.

Eggs à la Gordon.—Cut six hard-boiled eggs lengthwise, remove the yolks, and place them in a bowl with two tablespoonfuls of good butter, half-teaspoonful of anchovy essence. Beat well together and fill the whites with it, besprinkle with bread crumbs and pour over a few drops of clarified butter; put them in a buttered dish and place in oven for three or four minutes, and serve with some madeira sauce (see page 210).

MEATS.

BEEF.

Roast Beef.—Roast beef can be prepared before an ordinary range or cooking stove by using a tin case, open on the side toward the fire, called a Dutch oven; any large box of tin bright enough to reflect the heat will serve for this purpose, if it has a bottom tight enough to retain the drippings from the meat. The regular Dutch oven is provided with a hook, upon which the meat is hung; if it has to be otherwise supported, the best method is by a rack, which will raise the meat to about the middle of the oven, where the heat is the most regular. Wipe the beef with a wet towel after it has been trimmed by the butcher, suspend it in the Dutch oven, and place it before the fire where it will brown quickly; after it is brown, season it with salt and pepper; if a frothed surface is desired, dust the beef with dry flour, and then moisten it with drippings every fifteen minutes, after it is brown; allow fifteen minutes to a pound for roasting beef medium rare before a hot fire. When the beef is done, put it on a hot platter, and quickly make the gravy as follows, or do this before taking up the beef: Put over the fire in a frying pan, dripping pan or saucepan, two tablespoonfuls of beef drippings and one of dry flour, and stir them until they are brown; then gradually stir in a pint of boiling water and a palatable seasoning of salt and pepper. Let the gravy so made boil for one minute, and then serve it with the beef.

Beef à la Mode.—Take a large piece from the round; make holes in it and put in each hole a little strip of fat salt pork; let each end project out; then put the meat in a bowl and add to it one teaspoonful of peppercorns, one teaspoonful of whole cloves, half a cupful of sliced carrots, half a cupful of sliced onions and one-half a cupful of sliced turnips; do not use salt; cover with equal parts of vinegar, let stand several hours—or it will be better for standing two or three days; take it out of the pickle; have butter hot in frying pan, lay it in and fry, then put in two tablespoonfuls of flour; turn it over and over; when brown, cover with hot water and cook slowly. Salt to taste.

Beef Croquettes.—Chop very fine some cold cooked beef, mix with it about twice the quantity of hot mashed potatoes well seasoned with butter and salt; beat up an egg, and stir all together well; then form the mixture into little balls, flatten them a little, roll in egg and cracker crumbs; fry in butter until they are a nice brown; serve hot.

Spiced Beef.—Four pounds of raw beef chopped with one-half pound of suet; add one-half pint bread crumbs, one teaspoonful of butter, two eggs, four tablespoonfuls of cream, one teaspoonful of salt, one-half teaspoonful pepper; two teaspoonfuls of summer savory; mix all this thoroughly and form into a loaf, using flour to bind it; bake in a pan, and baste often with butter and water. Serve cold, cut in thin slices; garnish with slices of lemon.

Pressed Beef.—Boil a shank of beef until it falls from the bone; remove the bone and boil down; season well with salt and pepper, and a bit of sage if you like; pour into a bowl. This is excellent cold.

Beef Pie with Potato Crust.—Cut in small pieces enough cold cooked beef to half fill a baking pan, put the pieces in a stew pan, and make a nice gravy over it; season highly with salt and pepper and butter and a bit of sliced onion, cover it, and let cook gently; make a rich biscuit dough, cover bottom and sides of baking pan, and pour in meat and gravy until the dish is half full; then fill the dish with potatoes that have been well mashed and beaten up with milk and butter until very light; brush over with a beaten egg; place in oven and brown; serve with tomato sauce.

Pounded Beef.—Boil a shin until the meat falls readily from the bone; pick it to pieces; mash it very fine; pick out all the hard bits; set the liquor away, and when cool take off all the fat; then boil the liquor down to one and one-half pints; then return the meat to it; while it is hot add salt and pepper, and any spice you choose; let it boil a few minutes, stirring all the time; put it into a deep dish to cool; cut in thin slices, and use cold.

Beefsteak Pie.—Wash the meat and cut into small pieces; stew in enough water to cover until nearly cooked; slice six cooked potatoes, line a baking dish with pie crust dough; put in a layer of the meat with salt and pepper and a few pieces of onion sliced very thin, then a layer of the potatoes with bits of butter over them, then another layer of the meat, and so on until the dish is full; add the gravy, having first thickened it with flour; cover with a top crust, make a hole in the middle for the steam to escape, brush a little beaten egg over it, and bake until brown.

Fried Beefsteak with Onion Sauce.—Choose a tender steak cut from the round; if the beef is not tender, put it, early in the evening, on a meat dish containing sufficient sweet salad oil and vinegar mixed together to cover the dish, and thoroughly moisten both sides of the beefsteak; turn the steak over at bedtime. In the morning, heat a frying pan hot enough to sizz when the steak touches it; put in the steak and quickly brown it on both sides; when it is brown, set the pan where the heat is not too great, and cook the steak to the required degree; meantime fry the onions as directed in the recipe given below. When the beefsteak is done, put it on a hot dish, season palatably with salt and pepper, and keep it hot. Into the pan where the beefsteak was fried put the fried onions and all the gravy they yield; add sufficient water to make them semi-liquid; break them up with a fork, season the sauce palatably with salt and pepper, pour it over the beefsteak and serve the dish hot.

Brown Onion Sauce.—Peel one pint of onions, slice them into a frying pan with two heaping tablespoonfuls of butter and fry them brown; then add a pint of any good gravy or broth and a palatable seasoning of salt and pepper; serve this sauce with broiled or fried beefsteak or chops.

Pan-broiled Steak.—In the absence of the necessary appliances for broiling over coals, the following method may be employed. Heat a clean skillet to blue heat, rub it with a bit of suet, just enough to keep the meat from sticking, but leave no fat in the pan. Lay in the steak, pressing it down to the pan, and sear quickly on one side; turn and without cutting into the meat sear upon the other. Keep the skillet hot, but do not scorch; cook from five to ten minutes, turning frequently, so as not to allow the juices to escape. Add no salt until done. Serve on hot plates. This method is not frying, and requires the addition of no water, butter or stock.

Beef Omelet.—One and a half pounds of beefsteak (the round), take it raw and chop it fine; season well with salt, pepper, sweet majoram or summer savory. Beat two eggs thoroughly and add to the beef; mix all together, roll it up closely, put it into a dripping pan, and bake nearly one hour. It is to be eaten cold for tea, cut in thin slices like tongue.

Frizzled Beef.—Shave off very thin slices of smoked or dried beef, put them in a frying pan, cover with cold water, set it on the back of the range or stove, and let it come to a very slow heat, allowing it time to swell out to its natural size, but not to boil. Stir it up, then drain off the water. Melt one ounce of sweet butter in the frying pan, and add the wafers of beef.

When they begin to frizzle or turn up, break over them three eggs; stir until the eggs are cooked; add a little white pepper, and serve on slices of buttered toast.

Stewed Steak with Oysters.—One pint of oysters, one and a half pounds of beefsteak, three tablespoonfuls of butter, one tablespoonful of flour, one tablespoonful of lemon juice, one cup of water, salt and pepper to taste. Put the water in a stew pan, then put in the oysters, rinse them around well, skim out the oysters, and place the liquor on the stove to heat; as soon as it comes to a boil skim it and set on back of stove. Put the butter in the frying pan, and when hot put in the steak; cook about ten minutes; take out the steak, and stir the flour into the butter in the frying pan; stir until it is a dark brown, then pour in the oyster liquor and let boil up well; season with salt and pepper; put back the steak, cover and simmer thirty minutes, then add the oysters and lemon juice. Serve on hot dish; garnish with pickles and parsley.

Spiced Beef Tongue.—Rub into each tongue a mixture made of half a pound of brown sugar, a piece of saltpetre the size of a pea, and a tablespoonful of ground cloves; put it in a brine made of three-quarters of a pound of salt to two quarts of water and keep covered. Pickle two weeks, then wash well and dry with a cloth; roll out a thin paste made of flour and water, smear it all over the tongue and place in a pan to bake slowly; baste well with lard and hot water; when done scrape off the paste, and skin.

Boiled Tongue.—Wash a tongue, put it into enough cold water to cover it; let it soak over night. The next morning wash it, put it over the fire in enough fresh cold water to cover, and boil gently until very tender; then remove the skin, return it to the liquor it was boiled in, and let it cool there. This will make it very tender and juicy.

Baked Tongue.—Boil the tongue as directed in the preceding recipe, and after the skin is removed, dust it with bread or cracker crumbs, and brown it in a hot oven.

Beef Tongue with Tomato Sauce.—Wash the tongue well and boil until tender, then peel; make a sauce by using one can of tomatoes, one onion, one carrot, salt and pepper, and a spoonful of flour; cook well and strain, and pour over the tongue. Serve hot.

Beef Heart.—Let soak in a weak brine twenty-four hours. Put it in kettle, pour boiling water over it, and cook four hours. When tender, have a dressing prepared with bread crumbs, melted butter, salt and pepper, and stuff the heart. Put in the oven about twenty minutes to cook the dressing. When cold, slice very thin; serve with jelly.

Liver Rolls.—Pour boiling water over the sliced liver, and let it stand five minutes; take it out, cut the skin off, and season each slice with salt and pepper; also put a small piece of fat salt pork on each slice and roll up. Wind a string around it and tie. Have ready a stew pan with a tablespoonful of meat drippings or butter, and lay the rolls in and brown them; sprinkle in a tablespoonful of flour, stir them around, cover with water, and cook thirty minutes; if necessary, season more. Serve hot.

New England Dumplings.—One quart of corn-meal, half a teaspoonful of salt; wet up with cold water until it is stiff, make into little balls, put them in a kettle, pour boiling water over them, and boil hard for nearly an hour. Serve with meats.

Deviled Kidneys.—One teaspoonful of mustard, one saltspoonful of salt, a pinch of pepper, three tablespoonfuls of oil, one teaspoonful of vinegar. Mix all this together and dip the sliced kidneys in it and broil them. After they are broiled dust a little cayenne pepper on them.

Fricasséed Tripe.—Cut in strips one pound of tripe; put over it a cup of water, butter the size of an egg rubbed smooth with one large teaspoonful of flour. Season with salt and pepper; let all simmer for thirty minutes. Serve hot. It is improved by putting in a few oysters just before taking up.

To Fry Beef Liver.—Put the liver in a pan and pour boiling water over it, then take it out, peel the edges off, roll in flour, and fry in butter. Sprinkle a little salt over it.

FROM FRENCH AND ITALIAN CHEFS.

The sauces mentioned will be found in Fish and Meat Sauces, pages 199–212. As garlic and leeks are disliked by Americans, we have omitted same in all foreign dishes.

Stewed Beef à la Française.—Prepare two pounds of small square cuts of beef, brown them with two onions cut in square pieces, adding two tablespoonfuls of flour, cooking for six minutes. Stir well and add one quart of white broth and one gill of tomato sauce. Put in also one pint of raw potatoes cut in quarters, and let cook thoroughly for twenty-five minutes, with a bouquet of herbs, a good pinch of salt and half a pinch of pepper, also one crushed garlic; then serve. You can use onion instead of garlic if preferred.

Tripe à la Mode.—Take one raw double tripe, one ox foot, three calf's feet, all well washed and cleansed several times in fresh water, cutting them in pieces two inches long by one square. Have an earthen pot or a saucepan, put pieces of feet at the bottom, cover over with tripe, then a layer of sliced carrots and onions, and continue the same until the vessel is full, carefully seasoning each layer. Tie in a cloth a sprig of thyme, two bay leaves, twelve whole peppers and six cloves; put this in the middle of the pot, add a bottle of cider or white wine, and a little brandy; lay on the top the stalks of some green leeks, parsley roots, and cabbage leaves; cover and fasten it down with paste, so that the steam cannot escape, and leave it for about ten hours in a very slow oven. Take it from the oven and serve when required.

Tripe à la Lyonnaise.—Cut up a pound and a half of double tripe, also two onions, and brown them in a pan with one ounce of clarified butter until they assume a fine golden color. Drain them, put them back on the fire, add one tablespoonful of vinegar and a gill of Universal sauce. Stew for two minutes longer; and serve with a pinch of chopped parsley sprinkled over. One gill is four ounces, or one-half coffeecupful.

Roast Beef.—Six pounds of loin or fore-ribs of beef, one-half cupful water, one-half cupful stock or bouillon, salt to suit taste; time, one hour. To roast the beef, place the beef in a stove pan, sprinkle some salt over; add the water and bake in a warm oven for one hour, while basting frequently.

The best sauce to be served with the roast beef is its own gravy, which you make as follows: When you have taken the roast beef from the pan, add one glass stock or water, let boil for one or two minutes on the range or stove; while stirring, skim the floating grease off, and pass this gravy through a fine strainer.

When the roast beef is served as a relevé, it should be accompanied by some vegetable as a garnish, especially with potatoes fried in butter, potato croquettes, stuffed tomatoes, etc. If served as a roast, it should be accompanied by salad.

Allow about fifteen minutes for each pound of meat you desire to roast.

To make Stock or Bouillon for Soups and Cooking Purposes.—This is very nourishing for the sick or convalescent, and is nice to use in cooking meats instead of using water.

To prepare one gallon of bouillon, to be kept for cooking purposes: Seven pounds beef, two pounds veal, half a fowl, two carrots, one turnip, some celery, one onion, six quarts water; time, from four to four and one-half hours.

Let the cold water from the faucet run freely over your beef and veal, so as to wash them from all impurities. Put them in a kettle with the quantity of water given—cold water and not hot or warm, taking care that the water covers the meat well but does not reach higher than two inches from the edge of the kettle. Allow to boil slowly while skimming until clear. It will prove advantageous to add from time to time one spoonful of cold water, which will facilitate and accelerate the separation of the scum. When the stock is clear (after half an hour) add your vegetables, which should have been pared only a little while before to be fresh, and let boil for two hours. Take the veal out of the pot, as all juices will have been extracted from it, add the fowl and let the soup boil slowly for another three hours. Take the floating grease off, and pass through a strainer or napkin.

If it happens that your stock is not clear, having perhaps boiled too quickly, you may clarify it as follows: Put your kettle on the corner of the range, so that though very hot it doesn't boil. Break into a bowl or saucepan two eggs with their shells, beat with about one-half pound chopped meat and one cupful of water. Add while beating three glassfuls of stock and pour the whole in the kettle while stirring. Filter stock through a piece of cheese cloth; put in stone crocks, covering mouth of crocks with cotton batting, and put in a cool place.

Braised Beef à la Française.—Procure a rump piece of beef weighing three pounds, lard it with four large pieces of salt pork, seasoned with a pinch of chopped parsley and a crushed garlic. Lay the beef in a saucepan, with pieces of salt pork or fat at the bottom, add one sliced onion, the round slices of a carrot, one sprig of thyme and a bay leaf; season with a pinch of salt and half a pinch of pepper; cover and brown it well on both sides for ten minutes. Add a cupful of white broth and a cupful of Universal sauce, then cook for one hour. When finished, lay it on a dish, garnished with six stuffed cabbages. Skim off the fat, strain the gravy, and pour the sauce over, or else serve it in a separate sauce bowl.

Minced Beef à la Italienne.—Cut into small slices a piece of beef weighing nearly two pounds; place them in a saucepan, add two chopped onions and two tablespoonfuls of oil; allow this to brown about five minutes, then add two tablespoonfuls of flour and three cups of white broth. Stir well, add two sliced tomatoes and some finely shred mushrooms, season with salt and pepper, cover the pan and allow to cook for nearly twenty-five minutes. Then serve on hot dish, garnished with pieces of fried bread.

Beefsteak Pie à la Anglaise.—Slice two pounds of lean beef in half-inch square slices, add two sliced onions and stew together in a saucepan with one ounce of butter for ten minutes; stir in two tablespoonfuls of flour and mix well; add one quart of water or white broth, still stirring. Season with salt and pepper and add a bouquet of herbs; let cook for twenty minutes, take out the bouquet, and fill a deep dish with the above preparation. Cut two hard-boiled eggs in slices and lay them on top, cover with pie crust, glaze the surface with egg yolk, and bake a light brown color for about eight minutes in the oven; then serve.

Sirloin Steak à la Française.—Select two nice sirloin steaks of one pound each; season them with salt and pepper. Baste on both sides with half a tablespoonful of oil, and put them on a broiler over a bright charcoal fire; broil them for six minutes on each side, and then place them on a hot serving dish. Pour two cupfuls of meat sauce or gravy over the steaks, being careful to have the rounds of marrow on top of the steaks unbroken, and serve very hot. Broiled sirloin steaks are all to be prepared as above, only adding different sauces or garnishings.

Smoked Beef à la Crême.—Take from one to one and a half pounds of minced smoked beef; put in a stew pan with a tablespoonful of butter, cook for two minutes, and moisten slightly with half a cupful of cream, adding two tablespoonfuls of Napoleon sauce, and serve as soon as it boils. No seasoning necessary.

Sirloin Steak Larded.—Procure a piece of four pounds of tender sirloin, pare and trim it nicely, taking out the bones; lard it over the top with a small larding needle, and season with salt and pepper. Line a baking dish with some pork skin, one medium-sized sliced carrot, half a bunch of well-cleaned and pared parsley roots, one peeled sound sliced onion, one sprig of thyme and a bay leaf. Place the sirloin on top, and put it in the oven to roast for thirty minutes. Take from out the oven, dress on a hot dish, set on back of stove; add a cupful of white broth to the gravy and allow to boil for two minutes; skim off the fat, strain the gravy into separate bowl, and serve.

Tenderloin Piqué à la Française.—Procure four pounds of tenderloin; pare it well and lard it, using a fine needle. Line the bottom of a roasting pan with some pork skin, one sliced onion, one sliced carrot and half a bunch of well-washed parsley roots. Place the tenderloin on top; add a pinch of salt, and roast in a brisk oven for thirty-five minutes, basting it occasionally with its own juice. Dish it up, skim the fat off the gravy, then strain it over the fillet and pour half a pint of good madeira sauce over, and garnish with potatoes.

Tenderloin Piqué à la Portugaise.—Roast four pounds of tenderloin as above, lay it on a hot dish, arrange six stuffed tomatoes around the tenderloin at equal distances. Put in a saucepan half a pint of tomato sauce and allow it to boil for two minutes; pour into a sauce bowl and serve separately.

Porterhouse Steak.—Procure two porterhouse steaks of one and a half pounds each—see that they are cut from the short loin—flatten them well, pare and trim, and season with one pinch of salt and half a pinch of pepper. Put them on a dish with half a tablespoonful of oil; roll well and put them on a moderate fire to broil seven minutes on each side. Lay them on a warm dish, pour over one gill of maître d'hôtel butter. Garnish nicely with watercress or other greens, and serve hot.

Hamburg Steak.—Take two pounds of lean beef—the hip part is preferable—remove all the fat, and put it in a chopping machine; then lay it in a bowl, adding a very finely chopped shallot, one raw egg for each pound of beef, a good pinch of salt, half a pinch of pepper, and a third of a pinch of grated nutmeg. Mix well together, then form into six flat balls the size of a small fillet. Roll them in fresh bread crumbs, and fry them in the pan with two tablespoonfuls of clarified butter for two minutes on each side, turning them frequently and keeping them rare. Serve with any of the meat sauces preferred.

Corned Beef Hash à la Polonaise.—Brown two onions in a saucepan with one ounce of butter; add one pound of cooked well-chopped corned beef and one pint of hashed potatoes. Moisten with a gill of broth and a gill of Universal sauce. Season with half a pinch of pepper and a third of a pinch of nutmeg; stir well and let cook for fifteen minutes, then serve with six poached eggs, and sprinkle over with a pinch of chopped parsley.

Roulade of Beef à la Ecarlate.—Procure six pounds of fine brisket of prime beef; roll it up as close as possible, so as to have it very firm, then firmly tie it around. Put in a saucepan one sound peeled onion, one well-washed and scraped sound carrot, both cut into thin slices, one sprig of thyme, one bay leaf, three cloves and a few shreds of larding pork. Place the roulade over all. Season with salt and pepper. Cover the pan very tightly to prevent steam from escaping. Should the lid be loose, place a weight on top of it. Place it on a moderate fire, and let it gently simmer for twenty minutes in all. Remove the lid, add two glasses of white wine and one gill of white broth. Cover very tightly again, place in the hot oven, and let braise for fully two hours. Remove from the oven, untie, dress on a hot dish.

Skim the fat off the gravy, strain the gravy into a pan, and reduce it on the hot range to one-half. Cut up an ounce of cooked smoked beef tongue into cock's-comb shape, one good-sized sound sliced truffle and six mushrooms. Place all these in a pan on the fire, with half a wineglassful of madeira wine, letting boil for one minute. Strain the reduced gravy of the roulade over this; add half a gill of tomato sauce and half a gill of Universal sauce; cook again for five minutes, then pour into sauce bowl and serve it separately. (See Sauces, pages 199–212, for white broth or any other sauce mentioned.)

VEAL.

Veal Roast.—Select nice solid veal; put in dripping pan and pour one pint of hot water over it. Bake thoroughly; allow half an hour to a pound. Garnish with sprigs of parsley and serve with currant jelly.

Veal Pot-pie.—A piece from the rib is good for pot-pie. Cut it in small pieces and put in a kettle. Place a small plate in bottom of kettle first, pour in water enough to cover well; season with pepper, salt and butter. Half an hour before serving chop in small pieces of biscuit dough, cover closely and boil for twenty-five minutes. Take out with a skimmer carefully. Be sure the meat is well covered with water before the dumplings are put in.

Veal Roll.—Two pounds pork steak chopped fine, three pounds veal chopped fine, ten crackers rolled, one tablespoonful of parsley, six eggs, salt and butter. Mix all thoroughly and bake one hour; spread eggs and cracker over it, and set in the oven to brown.

Marbled Veal.—Take some cold roasted veal; season with spice; beat in a mortar. Skin a cold boiled tongue; cut up and pound it to a paste, adding to it nearly its weight in butter. Put some of the veal into a pot, then strew in lumps of the pounded tongue, put in another layer of the veal, and again more tongue. Press it down and pour melted butter on top. This cuts very prettily, like veined marble.

Braised Veal.—Take a piece of the shoulder weighing about five pounds. Have the bone removed and tie up the meat to make it firm. Put a piece of butter the size of half an egg, together with a few shavings of onion, into a kettle or stone crock and let it get hot. Salt and pepper the veal and put it into the kettle, cover it tightly and put it over a medinm fire until the meat is brown on both sides, turning it occasionally. Then set the kettle back on the stove, where it will simmer slowly for about two hours and a half. Before setting the meat back on the stove, see that the juice of the meat together with the butter will make gravy enough, and if not, put in about two tablespoonfuls of hot water. When the gravy is cold it will be like jelly. It can be served hot with the hot meat, or cold with the cold meat.

Veal Collops.—Cut cooked veal in pieces about the size of an oyster, rub on each piece salt, pepper and a little mace, dip in beaten egg, then in cracker crumbs, and fry in butter. This resembles oysters very much both in looks and taste.

Fried Veal Chops with Tomatoes.—Roll the chops in beaten egg and then in cracker crumbs; put in frying pan two tablespoonfuls of beef drippings, and when hot lay in the chops, season with salt and pepper, and let cook until they are well done; take up on a platter, and slice in the grease left in frying pan a few ripe tomatoes; serve all from the same platter.

Veal Scallops.—Put a layer of finely chopped cold meat in the bottom of a baking dish, with a little salt and pepper sprinkled over it and a few bits of butter added; then a layer of bread crumbs and another of meat, proceeding in the same manner until the dish is full, the upper layer to be crumbs plentifully moistened with milk in which an egg has been beaten. Before adding the top layer, pour in gravy enough to keep the meat moist. Bake three-quarters of an hour. Any cold meat may be used.

Boiled Fillet of Veal.—Select a nice fillet, wash and wipe dry; prepare same as for roasting, or stuff it with an oyster forcemeat, cover with water and let it boil gently for four hours; skim it when necessary. Serve with cream sauce; garnish with celery. Boiled tongue should be served with it.

Veal Patties.—Cut the veal into very small pieces, also a little salt pork cut fine; stew together for fifteen minutes, season with salt and pepper and a stalk of celery chopped coarsely; stir in a paste made of a tablespoonful of flour, the yolk of one egg and milk, to make a thin batter; let it all come to a boil and it is ready for the patties. Make the patties of a flaky crust, as for tarts; make about the size of the center of a small sauce plate, or about three inches; cut half way through, to be raised and serve as a cover; put a spoonful of the stew in each crust, lay on the top and serve. Oyster patties may be made the same way.

Minced Veal.—Chop fine three and one-half pounds of a leg of veal; add one teaspoonful of black pepper, one tablespoonful of salt, one nutmeg, four crackers rolled fine, a piece of butter the size of an egg, and three eggs well beaten; mix well together and pack closely in a buttered basin, and bake slowly for two hours. Then turn it out, and when cold cut in thin slices for the table.

Veal Omelet.—Take three pounds of veal chopped fine, six rolled crackers, three well-beaten eggs, two large tablespoonfuls of cream, and one spoonful of salt, one teaspoonful of white pepper; use sage, thyme or sweet marjoram if you like; mix all well together, form into one or two loaves, set in oven. Baste with butter and water while baking; bake one and one-half hours.

Veal Loaf.—Three pounds of chopped veal, one pound of pork, four eggs, one dozen crackers rolled, pepper, salt, and a little cinnamon and cloves if you like. This must be mixed up by hand and packed in a tin pan. Bake one hour. While baking dip off the fat with a spoon.

Stewed Calf's Liver.—Cut the liver up in small pieces, pour boiling water over it; drain the water off and put it in a kettle, boil until done, season high with salt and pepper, thicken with a tablespoonful of flour made smooth in a little water.

Calf's Liver and Bacon.—Slice the liver a quarter of an inch thick; pour hot water over it, and let it remain for a few minutes to clear it from blood; then dry it in a cloth. Take a pound of bacon, or as much as you require, and cut the same number of thin slices as you have of liver; fry the bacon to a nice crisp; take it out and keep it hot; then fry the liver in the same pan, having first seasoned it with pepper and salt and dredged in a little flour; lay it in the hot bacon fat and fry it a nice brown. Serve it with a slice of bacon on the top of each slice of liver.

Brunswick Stew.—Two chickens (squirrels if preferred), one quart of tomatoes peeled and sliced, one pint of butter (or Lima) beans, six potatoes parboiled and sliced, one quart of corn cut from the cob, one-half pound of fat salt pork, one teaspoonful of ground black pepper, one-half teaspoonful of cayenne, one gallon of water, one tablespoonful of salt, two teaspoonfuls of white sugar, two cups of cream or milk, two heads of celery cut fine. Put on the water with the salt in it, and boil five minutes. Then put in the onions, beans, corn, pork or bacon cut into shreds, potatoes, pepper and the chickens. Cover closely and stew two and one-half hours very slowly, stirring frequently from the bottom. Then add the tomatoes and sugar, and stew an hour longer. Ten minutes before you take it from the fire, add the milk and celery. Give a final boil; taste to see if seasoned to your liking, and turn into soup tureen. It is eaten from soup plates.

We have omitted the leek and garlic commonly used in the preparation of most of these dishes; the sauces and herbs mentioned can be found in Fish and Meat Sauces, pages 199–212.

Broiled Veal Cutlets.—Cut six even veal cutlets from a fine piece of the loin of white veal, pare them and flatten them slightly; lay them on a dish, and season with a tablespoonful of salt, a teaspoonful of pepper, and one tablespoonful of sweet oil. Turn the cutlets around several times, then put them on the broiler to broil for eight minutes on each side. Remove them from the fire; arrange them on a hot dish, spread a little maitre d'hotel butter over them (see page 212), and send to the table.

Calf's Liver Broiled with Bacon.—Take a nice, tender, fresh calf's liver weighing a pound and a half; pare and trim off the hard portions; cut it into six equal-sized slices, and put them on a dish. Season with a tablespoonful of salt, and a teaspoonful of pepper, and one tablespoonful of sweet oil; mix well together. Broil for four minutes on each side. Arrange the slices on a hot serving dish, and decorate with six thin and crisp slices of broiled bacon. Spread a gill of maitre d'hotel butter over, and serve very hot.

Calf's Liver Stewed a la Italienne.—Cut two pounds of calf's liver into small pieces. Put them with two tablespoonfuls of clarified butter into a pan on the hot range, with one peeled and finely chopped sound onion, and a clove of crushed garlic. Season with one pinch of salt and half a pinch of pepper. Cook well for five minutes, shuffling the pan well meanwhile, then moisten with half a glassful of white wine and a gill of Universal sauce. Add six chopped mushrooms, and cook once more for three minutes. Serve with a teaspoonful of finely chopped parsley. (See page 208.)

Calf's Feet.—Split three calf's feet in two; take out the large bone, and put them in fresh water for one hour. Wash thoroughly, drain, and place them in a pan, with two tablespoonfuls of flour and three quarts of cold water. Stir well; add a gill of vinegar, one onion, one carrot (all cut in shreds), twelve whole peppers, a handful of salt, and a bouquet of herbs and cook briskly for one hour and a half. Drain well, and serve with any kind of sauce required.

How to Blanch Sweetbreads or Tongue.—Clean and trim three pairs of fine sweetbreads. Soak them for three hours in three different fresh waters, one hour in each water, with one pinch of salt in each water. Drain, place in cold water, and blanch them until they come to a boil. Then drain, and freshen them in cold water. Cover with a napkin, lay them aside in a cool place, and they will then be ready for general use.

Sweetbreads Braised.—Take four or five blanched heart sweetbreads, lard the upper parts slightly, and put them in a pan with some slices of pork skin. Add half a sliced carrot, half a sliced onion, and a bouquet of herbs. Sprinkle over them a pinch of salt, and cover them with a buttered paper. Reduce to a golden color, and add one cupful of white broth. Cook it in the oven for forty minutes, basting occasionally with the gravy, lifting the buttered paper, and replacing it each time in the same position. The sweetbreads will now be ready to serve with any kind of sauce or garnishing desired. Always place the sauce or garnishing on a hot serving dish, and lay the sweetbreads over it, then send to the table. (See herb bouquet, page 193, and white broth, page 206.)

Veal Stew a la Francaise.—Cut three or four pounds of lean veal from the breast or shoulder into pieces, and place them in a stewpan with two tablespoonfuls of butter, two tablespoonfuls of sweet oil, and one chopped onion. Cook them for ten minutes, stirring occasionally; add two tablespoonfuls of flour, stir again, pour over one quart of white broth. Season with salt and pepper, and add six minced mushrooms, and a bouquet of herbs. Cook for forty minutes, and serve on a hot dish, sprinkling a little chopped parsley over it.

Veal Chops a la Italienne (*entree*).—Four to five veal chops, one teaspoonful bread crumbs, one egg, four tablespoonfuls butter, four tablespoonfuls cheese. Dip the chops in beaten eggs, roll them in bread crumbs, mixed with minced cheese and fry them in butter. Place the chops in a warm dish, pour over the butter in which they have been fried and serve with macaroni.

Veal Cutlets a la Eugenie.—Chop well two or three times in the machine two pounds of lean veal, from the hip if possible; place the meat in a bowl with two ounces of finely chopped, raw veal suet. Season with one good pinch of salt, half a pinch of pepper, and the third of a pinch of nutmeg. Add half a cupful of good cream, one chopped shallot and two raw eggs. Mix well together. Shape six pieces like chops, sprinkle them with bread crumbs, and fry in a stewpan with two ounces of clarified butter for four minutes on each side. Serve with a gill of any kind of sauce.

Loin of Veal with Cream.—Five pounds veal loin, one tablespoouful butter, one and one-half tablespoonful flour, one pint milk, one-quarter cup grated cheese. Salt and pepper to suit the taste. Roast the loin, and in the meantime prepare a cream sauce as follows: Melt in a saucepan the tablespoonful butter and mix with the flour. Add salt and pepper to suit the taste, then the milk; boil six minutes, stirring continually; when the sauce is quite thick place it aside in a warm but not too hot place. Half an hour before serving carve the loin in thick slices, then reconstruct the whole loin by placing sauce between its slices. Pour the remaining portion of the sauce over, sprinkle the grated cheese on this and bake in an oven and serve with a gravy apart.

Veal Chops with French Peas.—Five to six veal chops, one-half cup of butter. Melt the butter in a stewpan, fry the chops for about twenty minutes turning them frequently. Place chops on a warm dish, pour over the sauce in which they have been fried and serve with the French peas.

Broiled Veal Liver.—Take from two and one-half to three pounds of veal liver, slice in small pieces. Dip into melted maitre d'hotel butter; let broil on good fire and serve.

Baked Veal Liver.—Take about three pounds of liver and lard it with one-quarter of a pound of bacon cut in long strips; put in a pan, add one ounce of butter and let it brown on both sides. Add a half glassful of white wine and a half teacupful of good stock or bouillon. Season with salt and pepper to suit the taste; add a sliced onion, a sliced carrot. Cover the pan tightly and allow to cook slowly for about one and one-half hours, basting frequently. Take out the liver, serve in a hot dish and pour the juice over through a fine sieve.

Broiled Veal Kidney.—Five veal kidneys, three tablespoonfuls butter, one-half handful parsley. Cut each kidney in two parts endwise, in such a way as to open them but not to divide entirely. Sprinkle some salt and pepper over them, dip them in melted butter and let broil on bright fire. Add a little lemon juice; serve on hot plate garnished with parsley and other greens.

LAMB AND MUTTON.

Roast Lamb.—After a quarter of lamb is trimmed, wipe it with a wet towel, put it in front of the fire, or in a very hot oven, and brown it quickly; after it is brown, season it with salt and pepper, dust it with flour, and baste it with the drippings every fifteen minutes, if a frothed surface is desired; allow the lamb to cook about twenty minutes to a pound. Serve the lamb with gravy made by browning together two tablespoonfuls of its drippings and one of dry flour, and then stirring with them a pint of boiling water, and a palatable seasoning of salt and pepper; as soon as the gravy boils, serve it. Mint sauce may be served with roast lamb, made by mixing together a cupful each of vinegar and sugar, and half a cupful of chopped green mint.

Saddle of Lamb Roasted.—The saddle of lamb is simply the two loins cut off before the carcass is split open down the back; it is best when roasted before an open fire, but it may be nicely cooked in a very hot oven. If it is of medium size, it will cook in an hour and a half; but if it is large, it will require nearly two hours. It is first to be exposed to intense heat until it is browned; then it is to be seasoned with salt and pepper, and every fifteen minutes to be basted with the drippings which fall from it. When the lamb is cooked, dish it on a hot platter, and serve cucumber sauce in a gravy-boat with it.

Broiled Lamb Cutlets with Mint Sauce.—Mix together on a platter four heaping tablespoonfuls of finely chopped fresh mint, one of sugar, and four of vinegar; lay lean lamb cutlets on this dressing or pickle, dust them with pepper, let them stand half an hour and then turn them; at the end of the hour put them without wiping, between the bars of a buttered double wire gridiron, and broil them quickly over hot fire. While the cutlets are being broiled, turn the chopped mint from the dish into a saucepan with two tablespoonfuls of sugar and four tablespoonfuls of vinegar. Let these ingredients boil up, and then serve the sauce with the cutlets; the broiled cutlets are to be served hot, as soon as they are done, on a hot dish, with a little salt, pepper and butter over them.

Lamb cutlets may be broiled plain, and dressed with salt, pepper and butter.

Mutton Rolls.—Take nice mutton steak; on each slice lay a spoonful of dressing, made with bread crumbs, one egg, butter, salt, pepper and a little sage. Roll the mutton over it and tie together to keep the dressing in; put a little hot water and butter in a dripping pan, and lay the rolls in and bake in hot oven for three-quarters of an hour; baste often; when tender take up on hot platter; thicken the gravy with flour and water, and pour over the rolls; garnish with parsley.

Broiled Mutton Chops.—After the chops are trimmed, put them as close to the fire as possible, and quickly brown them on both sides; after the chops are browned, move the gridiron containing them far enough from the fire to prevent burning, and cook them to the desired degree at a hot fire; chops an inch thick will cook medium rare in about ten minutes; after the chops are done, season them with salt and pepper, put a little butter over them, and serve them hot.

Fried Mutton Chops.—Put a frying pan over the fire, and heat it so that the chops will siss when they are put into it. After the chops are trimmed, put them in the hot pan, and quickly brown them on both sides; chops generally have enough fat upon them to prevent burning; when the fat is excessive, most of it should be cut off, and tried out to use as drippings; after the chops are cooked to the desired degree, season them with salt, pepper and a little butter, and serve them hot. If the pan is hot enough they will cook medium rare in about twelve minutes.

Roast Lamb with Sorrel Sauce.—Have the bone cut from shoulder of lamb without mangling it; replace the bone with crumbs of bread, highly seasoned with salt and pepper, and tie the roast to prevent filling from falling out; put it into a dripping pan and bake in a hot oven; when the meat is nearly done season with salt and pepper and cook until tender. Serve with sorrel sauce.

Roast Shoulder of Lamb.—A nice way to cook a shoulder of lamb is to bone it, and fill the space with a stuffing made of chopped mushrooms, parsley, salt pork, cracker crumbs, some sweet herbs, pepper and salt and a raw egg. Braise it with some good stock gravy, and send it to the table surrounded by spinach, garnished with slices of egg.

Leg of Mutton with Oysters.—Parboil fat oysters and mix with them some parsley, minced onions and sweet herbs boiled and chopped fine, and the yolks of two hard-boiled eggs. Cut five or six holes in the fleshy part of a leg of mutton, and put in the mixture; dress it as follows: Tie it up in a cloth and let it boil gently two and a half or three hours, according to the size.

Braised Leg of Mutton.—This recipe can be varied either by preparing the leg with a stuffing placed in the cavity after having the bone removed, or cooking it without. Having lined the bottom of a thick iron kettle or stew pan with a few thin slices of bacon, put over the bacon four carrots, three onions, a bunch of savory herbs; then over these place the leg of mutton. Cover the whole with a few more slices of bacon, then pour over half a pint of water. Cover with a tight cover and stew very gently for four hours, basting the leg occasionally with its own liquor, and seasoning with salt and pepper as soon as it begins to be tender. When cooked strain the gravy, thicken with a spoonful of flour (it should be quite brown), pour some of it over the meat and send the remainder to the table in a tureen to be served with the mutton when carved. Garnish the dish around the leg with potatoes cut in the shape of olives and fried a light brown in butter.

Lamb Sweetbreads with Tomato Sauce.—Wash the sweetbreads well in salt and water and parboil fifteen minutes; when cool, trim them; have in frying pan just a little butter, lay the sweetbreads in, and toss them about until they are a nice brown. Season with salt and pepper and serve with tomato sauce. See sauces.

Scalloped Mutton and Tomatoes.—Place in bottom of granite baking dish a layer of bread crumbs, then a layer of cold cooked mutton cut in thin slices, then a layer of tomatoes peeled and sliced; as each layer is placed in, season it with salt, pepper and bits of butter; have the top layer of tomatoes spread over with bread crumbs; bake forty-five minutes and serve at once.

Pressed Lamb.—The meat, either shoulder or leg, should be put to boil in the morning with water just enough to cover it; when tender, season with salt and pepper, then keep it over the fire until very tender and the juice nearly boiled out. Remove it from the fire-place in a wooden chopping-bowl, season more if necessary, chop it up like hash. Place it in a bread-pan, press out all the juice, and put it in a cool place to harden. The pressing is generaily done by placing a dish over the meat and putting a flat iron upon that. Nice cut up cold into thin slices, and the broth left from the meat will make a nice soup, adding vegetables and spices.

FROM FRENCH AND ITALIAN CHEFS.

Mutton Hash.—Chop finely two medium-sized onions and fry them in a pan with two tablespoonfuls of butter for about four minutes, adding about two pounds of cooked mutton that has been chopped fine and about one cupful of cooked hashed potatoes, season with salt and pepper, cut up two raw tomatoes, some chopped celery, add one-half cupful of Universal sauce, one-half cupful of white broth. See Sauces, pages 206 and 208. Mix well together and cook twenty-five minutes. Serve with some nice garnish.

French Mutton Stew (*entree*).—Six pounds mutton brisket, one tablespoonful butter or lard, one tablespoonful flour, eight or ten medium-sized onions, eighteen or twenty potatoes, one-half handful parsley. Cut the mutton in pieces one-half the size of the hand; place it in a stew pan with one tablespoonful fat, and brown awhile; then add flour; mix well and add just enough stock or water to cover the meat. Let boil while skimming for about ten minutes; add the onions, the parsley (tied with a thread); let boil thirty minutes more; add the potatoes cut in quarters; cook again slowly for one-half hour and serve in a hollow dish.

Irish Mutton Stew.—Cut in square pieces three pounds of mutton; wash well, drain, and put them in a saucepan, covering with fresh water. Let them come to a boil; then remove into another pan. Clean the pieces well again, return them to the saucepan and cover them with boiling water. Place on the fire, seasoning with two tablespoonfuls of salt, a teaspoonful of pepper, and half a teaspoonful of nutmeg. Add two carrots, two turnips, all cut up, six small onions, add a bouquet of herbs. Let cook for twenty-five minutes, then add half a pint of potatoes cut in quarters. Mix of each one-half cupful of water and flour. Strain this in the stew, stirring constantly, and cook for twenty-five minutes more. Remove the bouquet, skim well and serve. (See sauces for bouquet of herbs, page 193.)

Saddle of Mutton Roasted.—For six persons. Seven pounds saddle, one-half cup water, salt and pepper to suit the taste. Trim the grease and take off the skin which covers the back of the saddle; place it in a stove pan; sprinkle over some salt; add the water and let bake in an oven for one hour. Serve with potatoes fried in butter and gravy apart.

Leg of Mutton a la Francaise.—For six persons. Eight pounds leg of mutton. Time about one and one-half hours. Pare the mutton leg and let it roast as for the roast beef, and serve with potatoes fried in butter or a salad. Time about one and one-half hours.

Leg of Mutton a la Italienne.—Select a nice leg of mutton, about six pounds. Cut off the shank bone and make incision on the first joint, season with salt and pepper and rub over leg one tablespoonful of butter. Put in a pan, adding one glass of water, and roast for one hour, basting occasionally with the gravy and turning it over now and then. Remove from oven and serve with stuffed tomatoes and some rice, pouring over gravy after it has been strained.

Leg of Mutton, Caper Sauce.—Pare a nice leg of mutton as above, put it on to boil in a pot, filled with slightly salted cold water, add a bouquet of herbs and one sliced carrot. Boil one hour and a quarter, and serve with half a pint of caper sauce, made by putting two cups of hot Hollandaise sauce into a saucepan with a light handful of capers, and heating thoroughly for five minutes without boiling. (See Hollandaise sauce, page 210, bouquet of herbs, page 193.)

Curry of Lamb with Asparagus-tops.—Have three pounds of shoulder of lamb cut into pieces about two inches square. Wash well in fresh water, then drain, put into a saucepan, and cover with fresh water. Let it come to a boil, then strain through a colander, and wash again in fresh water. Place the pieces in a saucepan, covering them with boiling water; season with two tablespoonfuls of salt, one teaspoonful of pepper, six small onions, and a bouquet of herbs. Put the lid on, and cook forty minutes. Then strain off the liquor into another saucepan adding a half pint of Universal sauce, stirring well until it boils, and then let it stand on the corner of the stove. Break into a separate bowl four egg yolks with the juice of half a lemon, beaten well together. Add this to the sauce, dropping it in little by little, and stirring continually. Pour all over the lamb, and add two cups of cooked asparagus-tops, but be careful not to let it boil again. Serve with a border of hot, boiled rice all around the dish.

Mutton Chops.—Flatten six fine thick mutton chops, pare nicely, and season with salt and pepper. Dip them in beaten egg, roll in fresh bread crumbs, and place in a pan with two tablespoonfuls of clarified butter. Cook four minutes on each side, and serve with a nice meat sauce and parsley and lemon.

Mutton Chops a la Francaise.—Select eight or ten small rib chops; trim off the end of the bone, cut also the fat from the end, leaving just the solid meat attached. Broil the chops over a good fire about four or five minutes on each side, turn them frequently, and serve with potatoes in some form and fresh peas.

Mutton Kidneys Saute, Madeira Sauce.—Pare well twelve mutton kidneys and cut them into slices. Put into a frying pan, with two tablespoonfuls of butter, a tablespoonful of salt and a teaspoonful of pepper. Mix them well for six minutes. Add one cup of madeira wine sauce, squeeze in the juice of half a lemon, add another small piece of fresh butter, stir well again without boiling, and serve.

Mutton Chops, Bretonne.—Pare six nice mutton chops, season with a tablespoonful of salt and a teaspoonful of pepper, and pour a few drops of oil over each. Broil four minutes on each side. Arrange them on a dish, and serve with half a pint of puree of white beans, mingled with two tablespoonfuls of good hot meat glaze (see page 209).

Chops Soyer, with Potatoes.—Take five pounds of saddle of mutton, cut and saw it into six pieces crosswise. Flatten, pare and trim. Season with one tablespoonful of salt and a teaspoonful of pepper. Broil them for six minutes on each side, then place them on a hot dish, and serve with a garnishing of fried potatoes around the dish.

Mutton Kidneys.—Split twelve mutton kidneys in two, but do not separate the parts; remove the skin, place them in a deep plate, and season with a tablespoonful of salt, and a teaspoonful of pepper, adding two tablespoonfuls of sweet oil. Roll them well. Take six skewers, put a skewer through the two kidneys in the centre, and repeat the same for the others. Broil four minutes on each side. Arrange on a hot dish, pour a gill of maitre d'hotel butter over, and cover with six slices of broiled bacon.

Haricot or Ragout of Lamb.—Select a fine breast or a shoulder of lamb weighing about three to four pounds, cut it into equal square pieces, and fry them in a saucepan with two tablespoonfuls of butter. Add five small, sound, peeled onions, and when browned, after about ten minutes, add in three tablespoonfuls of flour, stirring well for two minutes. Moisten with six cupfuls of water or white broth; stir well, adding salt and pepper to suit the taste, and a bouquet of herbs; cook for forty-five minutes. Two minutes after it begins to boil, thoroughly skim off the scum on the surface. Remove the bouquet and pour the ragout on a hot dish. Serve with cooked lima beans, on one side of the dish, and the same quantity of cooked carrots, cut in quarters, on the other.

Breast of Lamb.—Boil three medium-sized breasts of lamb for fifty minutes in the stock pot, then the bones will be detached. Take them out, put the meat under a heavy weight, and let it thoroughly cool; then pare neatly. Cut each breast in two, and place on a dish. Season them with a good tablespoonful of salt, a teaspoonful of pepper, and immerse them in two tablespoonfuls of oil. Roll them in fresh bread crumbs, and broil them for five minutes on each side. Serve them with some nice meat sauce and garnish nicely.

Lamb Fries.—Skin and clean well six lamb fries, cut them in slices, and put into a bowl; season with salt and pepper to suit the taste, the juice of one half of a lemon, two or three teaspoonfuls of sweet oil, and one teaspoonful of ground mustard mixed thoroughly with a tablespoonful of meat sauce. Mix all well together, roll them in flour, and broil five minutes on each side. Serve in a hot dish with slices of lemon and parsley. You can serve on separate bowl a nice hot meat sauce.

Lamb Fries, Tomato Sauce.—Prepare the same as for lamb fries, only dipping the slices in beaten egg instead of mustard, and then in rasped bread crust. Fry them in hot fat for six minutes, and serve on a hot dish with half a pint of hot tomato sauce (see page 211). You can prepare all lamb fries as given here, and garnish with any sauce to suit the taste

PORK.

Roast Pig.—About three or four weeks is the right age to roast whole; cut off the toes, leaving the skin long to wrap around the ends of the legs, and put it in cold water. Make a stuffing, with about six powdered crackers, one tablespoonful of sage, two of summer savory, one chopped onion, half a pint of cream, two eggs, with pepper and salt. Mix these together, and stew about fifteen minutes. Take the pig from the water, fill it with the stuffing, and sew it up. Boil the liver and heart with five peppercorns, chop fine for the gravy. Put the pig to roast with a pint of water and a tablespoonful of salt. When it begins to roast, flour it well, and baste it with the drippings. Bake three hours. When done, place it on a large hot platter, surrounded with parsley or celery tops. Place a green wreath around its neck, and a sprig of celery in its mouth.

Roast Pork.—For roast pork, make a stuffing of crackers powdered fine, with half a pint of cream, two eggs, a small quantity of summer savory, pepper and salt; cook about ten minutes. Take the leg of pork, of seven or eight pounds in weight, and raise the skin off the knuckle, and put in the stuffing, then make deep cuts in the thick part of the leg, and fill them also. It must be floured over, and a pint of water put in the pan. While roasting, baste it often with the drippings. Cook about three hours and a half· Skim some of the fat from the gravy, add a little flour, and boil it well a few minutes. Serve with apple sauce, or any other that may be preferred.

Pork Chops and Fried Apples.—Dip some chops into bread crumbs and lay them in frying pan, sprinkle with pepper, salt and a little sage, fry until they are well done, take them up on a hot dish, pour out some of the grease; have ready some sliced apples, cut aound the apples so the core will be in the center of each slice, then cut the core out, lay them in the grease; when they are brown on one side turn them carefully so as not to break them; when finished cooking serve them with the chops.

Fresh Pork Pot-pie.—Boil a spare-rib, after removing all the fat and cracking the bones, until tender; remove the scum as it rises, and when tender season with salt and pepper; half an hour before the time for serving the dinner thicken the gravy with a little flour. Have ready another kettle, into which remove all the bones and most of the gravy, leaving only sufficient to cover thc pot half an inch above the rim that rests on the stove; put in the crust, cover tight, and boil steadily forty five minutes. To prepare the crust work into light dough a small bit of butter, roll it out thin, cut into small square cakes, and lay them on the moulding board until very light. No steam should possibly escape while the crust is cooking and by no means allow the pot to cease boiling.

Suckling Pig, Apple Sauce.—Thoroughly clean the interior of a small, tender, suckling pig (reserving the liver); drain it well. Season the interior with two pinches of salt, one good pinch of pepper and the third of a pinch of grated nutmeg. Chop up the liver very fine, and fry it in a saucepan with half an ounce of butter for five minutes. Stuff it with some forcemeat, then sew up the aperture with a kitchen needle. Have a roasting pan ready, sprinkle into it half a cupful of cold water, then lay in the pig so that it rests on its four legs. Completely cover all around with a buttered paper, then put it into a moderate oven, and let cook for two hours; baste it frequently, while cooking, with its own gravy. Remove it to a hot dish, untie, skim the fat from the gravy, and strain the lean part of it over the pig. Serve with hot apple sauce in a separate bowl.

Pork Cutlets.—Select nice fresh cutlets, sprinkle with salt and pepper, have a beaten egg in a bowl, and in another dish have some bread crumbs, a little chopped onion and sage; have in frying pan some hot lard; dip the cutlets first in the egg, then in bread crumbs, and lay them in the frying pan, let them fry about thirty minutes or until they are thoroughly cooked, then take them out on hot platter; now skim the gravy; sprinkle in a little flour, let it boil up and pour it on the platter around the cutlets. Apple sauce should always be served with pork cutlets.

Pigs' Feet Pickled. Take twelve pigs' feet, scrape and wash them clean, put them into a saucepan with enough hot (not boiling) water to cover them. When partly done, salt them. It requires four to five hours to boil them soft. Pack them in a stone crock, and pour over them spiced vinegar made hot. They will be ready to use in a day or two. If you wish them for breakfast split them, make a batter of two eggs, a cup of milk, salt, a tablespoonful of butter, with flour enough to make a thick batter; dip each piece in this and fry in hot lard. Or dip them in beaten egg and flour and fry. Souse is good eaten cold or warm.

Broiled Pigs' Feet.—Proportions for six persons: Six pigs' feet, two onions, two carrots, one stalk of celery, a little thyme, four tablespoonfuls of butter, three tablespoonfuls of bread crumbs. Wash and clean the feet, place them in a kettle with the onions, carrots and celery stalk sliced, some thyme; cover with cold water and allow to cook till tender for about four hours. Cut the feet in two, endwise, dip them in butter, roll in bread crumbs and let broil fifteen minutes. Serve with mustard and mashed potatoes or other vegetables.

Braised Ham with Madeira Sauce.—Take about five or six pounds of cooked ham. Place in a stove pan with one glassful of bouillon and one glassful of Madeira. Cover the ham with buttered or larded paper and let it bake in moderate oven for about forty-five to fifty minutes, basting it frequently with the gravy; take out the ham, serve on hot dish; strain the gravy and serve in a separate bowl.

Roast Ham, Champagne Sauce.—Boil a ham exactly as directed, making a few lengthwise incisions on the surface. Dust the top with a little powdered sugar; arrange it in a roasting-pan, then place it in a slow oven for fifteen minutes. Serve with half a pint of champagne sauce. Champagne sauce is made by adding a little sugar and a glassful of champagne in nearly two cupfuls of Universal sauce (see page 208), and boiling it fifteen minutes.

Stuffed Fresh Ham.—With a sharp knife cut through the rind of the ham in narrow strips both ways. Then make deep incisions through both sides and end, and fill the incisions with a dressing made of bread crumbs, salt, pepper, summer savory and butter. Press it well in. Then rub the ham with salt, and cover with sage well rubbed in. Place in the oven to roast, basting well. It requires a long time to cook and must be thoroughly done. When done, pour off the fat, and make the gravy as for other meats.

Potted Ham.—Take the remains of a boiled ham, cut in small pieces, and pound it, little by little, in a mortar, softening it during the process with a little melted butter. Add cayenne pepper to taste, and put it in small bowls, glasses, or potting jars, pressing it down very smooth. Over the surface pour a little more melted butter; cover tight, and set away. It will keep for weeks. This is a nice supper dish.

To Bake a Ham.—Choose a nice ham, let it soak in cold water for ten hours, then wipe it dry. Cut off all poor spots and cover with a thick paste made of flour and water. Set in moderately heated oven, and bake for five hours; when done, take off the crust and peel the skin off carefully. Serve it glazed, and garnish with cut vegetable.

Boiled Ham.—With a sharp knife remove all mold and the hardened piece from the butt end of the ham; let it soak in cold water for two hours, then place it in a kettle and cover with cold water, let it boil moderately, allowing twenty minutes for each pound. When it is thoroughly cooked take it out, peel off the skin and sprinkle with sugar and set it in a moderately heated oven for one hour. It will be delicious.

Bologna Sausage (cooked).—Two pounds of lean pork, two pounds of lean veal, two pounds of fresh lean beef, two pounds of fat salt pork, one pound of beef suet, ten tablespoonfuls of powdered sage, one ounce each of parsley, savory, marjoram and thyme, mixed. Two teaspoonfuls of cayenne pepper, the same of black, one grated nutmeg, one teaspoonful of cloves, one minced onion, salt to taste. Chop or grind the meat and suet; season, and stuff into beef skins; tie these up, prick each in several places to allow the escape of steam; put into hot, not boiling water, and heat gradually to the boiling point. Cook slowly for one hour; take out the skins and lay them to dry in the sun, upon clean sweet straw or hay. Rub the outside of the skins with oil or melted butter, and place in a cool, dry cellar. If you wish to keep them more than a week, rub ginger or pepper on the outside, then wash it off before using. This is eaten without further cooking. Cut in round slices and lay sliced lemon around the edge of the dish, as many like to squeeze a few drops upon the sausage before eating. These are very nice smoked like hams.

Sausage Meat.—Take two pounds of lean beef, with one pound of fat pork, both chopped very fine; mix with this three teaspoonfuls of salt, five teaspoonfuls of powdered sage, five teaspoonfuls of summer savory, three teaspoonfuls of black pepper, make this into small cakes, and fry.

Scrappel.—Scrappel is a most palatable dish. Take the head, heart and any lean scraps of pork, and boil until the flesh slips easily from the bones. Remove the fat, gristle and bones, then chop fine. Set the liquor in which the meat was boiled aside until cold, take the cake of fat from the surface and return to the fire. When it boils, put in the chopped meat and season well with pepper and salt. Let it boil again, then thicken with corn-meal as you would in making ordinary corn-meal mush, by letting it slip through the fingers slowly to prevent lumps. Cook an hour, stirring constantly at first, afterward putting back on the range in a position to boil gently. When done, pour into a long, square pan, not too deep, and mold. In cold weather this can be kept several weeks. Cut into slices when cold, and fried brown as you do mush, is a cheap and delicious breakfast dish.

Country Pork Sausages.—Six pounds lean fresh pork, three pounds of chine fat, three tablespoonfuls of salt, two of black pepper, four tablespoonfuls of pounded and sifted sage, two of summer savory. Chop the lean and fat pork finely, mix the seasoning in with your hands, taste to see that it has the right flavor, then put them into cases, either the cleaned intestines of the hog, or make long, narrow bags of stout muslin large enough to contain each enough sausage for a family dish. Fill these with the meat, dip in melted lard, and hang them in a cool, dry, dark place. Some prefer to pack the meat in jars pouring melted lard over it, covering the top, to be taken out as wanted and made into small round cakes with the hands, then fried brown. Many like spices added to the seasoning—cloves, mace and nutmeg. This is a matter of taste.

Toad in the Hole.—Make a batter of six ounces of flour, one pint of milk, two or three eggs, a little lard, salt and pepper ; put into it a pound of beef sausages, and bake for an hour. Instead of beef sausages, slices of any meat you have, or half a pound ot pork sausages, or a few oysters with meat trimmings, may be used.

Ham and Tongue Toast.—Toast a thick slice of bread and butter it on both sides; take a small quantity of ham or tongue and grate it and put it in a stew pan with two hard-boiled eggs chopped fine, mixed with a little butter, salt and cayenne; make it quite hot, then spread thickly upon the buttered toast. Serve while hot.

HORS D'ŒUVRES OR RELISHES.

COLD RELISHES.

Cold relishes should be placed on the table before serving the meal, as they add to the decorative effect. They should also be served in special dishes that are nicely decorated, or of a unique design.

Sardines.—Lift the sardines carefully out of the box to avoid breaking them, and lay them on a plate; neatly pare off the loose skin, then dress on a radish dish and decorate with parsley.

Radishes.—Select three or four nice bunches, being careful to select them round and firm. Pare off all the leaves and stems except the two prettiest on each radish. Cut away the roots, and also a little of the peel around the roots. With a small, sharp knife divide the remaining peel into five or six equal-sized leaves, beginning at the root end, and cutting toward the green stems, and endeavor to give them as nice a shape as possible.

Celery Bouquet.—This is a very nice side dish to decorate the table. Take only one large head of fine celery. Pare off the green stalks, and cut off the root (reserving that part to make a salad). Cut the stalk lengthwise into four equal branches. Wash them well in cold water, then cut each one into pieces about as long as one's finger; by so doing, all the branches will be separated. With the aid of a small, keen knife pare the thin sides a little, making five or six slits in each piece, starting from the top, downward, leaving half to three-quarters of an inch uncut;

place them in cold water with plenty of ice, leaving them in for two hours. Lift it from the ice water, artistically dress on a round glass dish, and send to the table.

Anchovies.—Take a pint bottle of boned anchovies, drain them on a cloth, then dress them artistically on a radish dish. Decorate with a hashed hard-boiled egg and some chopped parsley.

Tomatoes (side dish).—Take firm red tomatoes, wipe well, then plunge them into boiling water for one minute, then in cold water for one minute and peel them. Put them in refrigerator and when thoroughly cold, cut them into slices, arrange them on a radish dish, sprinkle a little salt, pepper and vinegar over.

A Cold Relish.—Cut odd scraps of meat into small pieces. If there is veal and ham among it, so much the better. Add three tablespoonfuls of farina, some parsley, green or dried, a little sage, a little celery, parsnip, or carrot, or all three, chopped fine, and pepper and salt. Cover with water, and stew for two hours, very gently. Pour into a dish, and when cold it will be solid, and should be cut in thin slices for the table.

Celery (in glass).—Select fine white celery, pare off the green stalks, and trim the roots neatly. Be careful to save the clear, white hearts. Cut each plant lengthwise into four equal branches. Wash them well in cold water, and put them into clean water with a piece of ice until ready to serve; then arrange them nicely in a celery glass, or dress on a china radish dish, with a few pieces of ice in the center.

Cucumbers.—Select two fine cucumbers, peel neatly, and cut them in thin slices. Place in a bowl with salt sprinkled over them, and put in refrigerator for three or four hours, drain the liquid off, and season with pepper, a tablespoonful or more of vinegar and the same quantity of oil. Dress nicely in a radish dish.

Herrings (smoked).—Clean well and cut them in the middle, take the backbone and the skin off, cut the fillets in pieces one inch wide, dispose upon a plate and pour some olive oil over them.

Herrings (salted).—They should be freshened for two days in half milk and half water, then cut in the middle, take off the back bone, cut the fillets in pieces one inch wide and arrange them on a plate. Pour over them some oil mixed with vinegar, then chop apart the yolk and the white of a hard egg, also some parsley and red beets, and dispose between the two halves.

Potted Cheese.—One pound of cheese beaten in a mortar; two ounces of liquid butter, one glass of sherry, and a very small quantity of cayenne pepper, mace and salt. All should be well beaten together and put into a pretty shaped glass potting jar with a layer of butter at the top. It makes a delicious relish for bread or toast.

HOT RELISHES.

Tomato Toast.—Pare, slice, and cook green tomatoes until very tender. Add sweet cream—sweet milk will do, but it will need more butter to make plenty of gravy; season with pepper, salt and butter. Have the bread nicely toasted and placed in a deep dish, and pour the contents of the frying pan over it. This is an excellent way to use up dry slices of bread.

Caviare on Toast.—Prepare six slices of toasted bread. Put half the contents of a small box of caviare into a pan; add two tablespoonfuls of cream, and heat two minutes on the stove, stirring it carefully meanwhile; pour this over the toasts, and serve on a dish with a folded napkin.

Anchovies on Toast.—Prepare six dry toasts, spread over them a little butter, and cover each with four half anchovies. Place the toasts on a tin baking sheet in the oven for one minute. Arrange them on a dish with a folded napkin, and serve.

Timball of Macaroni.—Roll some puff paste very thin, and cut it into narrow bands, and twist each into a kind of cord, which coil around the insides of small butter moulds. Then fill each mould with macaroni, cover the top with equal quantities of grated bread and good cheese; put them into a warm oven and let them bake three-quarters of an hour, turn them out on a dish and serve them.

Lamb Sweetbreads en Petites Caisses.—Clean and blanch five or six lamb sweetbreads. Lay them aside to cool, then lard them with fresh fat pork. Place them in a well-buttered pan, adding a gill of chicken broth or a gill of maderia wine. Cover with a buttered paper, and let cook to a golden color in the oven for ten minutes. Then lay them on a dish. Put two ounces of cooked fine herbs and four ounces of well-reduced Universal sauce into the pan, letting it cook for five minutes. Take six small boxes of buttered paper and pour a little of the gravy at the bottom of each; cover with sweetbreads, and place them on a baking dish; keep them for five minutes in an open oven, then serve on a folded napkin.

Salpicon of Lobster, Crawfish or Shrimps.—Put two cupfuls of Napoleon sauce into a saucepan, with four mushrooms and the meat from the claw of a cooked lobster, cutting them all into dice-shaped pieces. Thicken well and let cook for five minutes, and serve. If a lobster cannot be obtained, the meat of three cooked crawfish, or of six prawns or shrimps, may be used instead.

A German Relish.—Boil eight eggs quite hard, and when cold cut them in two lengthwise. Take the yolks out very carefully, pass them through a fine sieve, and mix them well with half a pint of cream (or more if required) and then add pepper, salt and herbs. Pour this sauce into a very flat pie dish that will stand heat, and place the white half eggs carefully in it, arranging them in the form of a star, or any pattern preferred. Fill up the vacancy left in them by the yolks having been removed, with the same mixture, and strew a few bread crumbs over them. Bake this very slightly, just enough to give it a bright yellow color, and serve it up in the dish in which it has been baked.

Cheese Omelet.—Butter the sides of a deep dish, cover the bottom with thin slices of cheese, place upon this very thin slices of bread well buttered, a little red pepper and mustard, another layer of cheese, and, just before putting in the oven, beat the yolk of an egg in a cup of cream and pour into the dish. Bake half an hour or until nicely browned.

Fondu Straws.—Quarter of a pound of puff paste and quarter of an ounce of good cheese grated very fine, a little salt and cayenne pepper mixed; sprinkle the cheese, salt and pepper over the paste, and roll it two or three times; cut it into narrow strips about five inches long; bake them in a slow oven, and serve very hot.

Salpicon a la Montglas.—Mince four mushrooms, the breast of a small cooked chicken, or of any game, and one tablespoonful of cooked ham, or the same quantity of cooked, smoked beef tongue. Put all into a saucepan, adding four ounces of well reduced Madeira sauce and four ounces of tomato sauce (see page 211); let cook for five minutes; then use when needed.

Coquilles of Chicken a la Anglaise.—Fill six table shells with a thick chicken salpicon, sprinkle the tops with grated fresh bread crumbs, spread a little clarified butter over each, and lay them on a very even baking dish. Place them in a very hot oven until they are of a golden brown color, then serve.

Savory Custard.—Beat two eggs into one and a half gills of cream; season to taste with pepper, salt, cayenne, chopped parsley, sweet herbs and shallot; add to these some chopped ham and tongue. Pour it into small round cups and steam ten minutes.

Pickled Chicken.—Pluck and singe a chicken, wipe it with a wet towel, draw it without breaking the intestines, cut it in joints, and boil it until quite tender in just enough water to cover it, with a level tablespoonful of salt, two blades of mace, and a teaspoonful each of whole cloves and peppercorns. When the chicken is tender, remove all the bones, and put the meat loosely in a jar. To enough of the broth to half fill the jar add an equal quantity of vinegar and all the spice; let this pickle get scalding hot, and then pour it over the chicken. When the pickle is cold, cover the jar. The chicken will be fit for use after six hours.

Canapees.—*Canapees* are small slices of bread slightly hollowed out on the upper surface, and then fried golden brown in plenty of smoking hot fat. The little hollow is filled with any highly seasoned meat, and the *canapees* served either hot or cold.

Bouchees.—*Bouchees* are very small shells of puff paste, filled with any highly seasoned mince or *ragout*. They are served both hot and cold.

Rissoles.—*Rissoles* are little turnovers of puff paste, filled with highly seasoned mince, and fried like *croquettes*.

Girard Boiled Chestnuts.—A most delicious hot relish is made of boiled Italian chestnuts, served with fresh butter. After washing the chestnuts cut through the stem end of the shells with two cuts, crossing each other, so that the shells can be easily stripped off; tie the nuts in a napkin, and boil them just tender in salted boiling water; then take up, turn them into a fresh napkin laid in a salad bowl, and serve the nuts hot, with fresh butter and salt. If served at dinner, a good bordeaux wine should accompany them, or baroli.

The Girard Nut Sandwich.—Use very thin home-made bread, cut free from crust, and lightly buttered. Upon each slice lay the thinnest possible slice of Gruyere cheese; then peel as many fresh walnuts as will cover a slice, lay them upon the cheese, and sprinkle a very little salt over the nuts; lay another thin shaving of cheese on the nuts, and more very thin buttered bread; press the slices of bread close together, to hold the nuts in place, and serve the sandwiches with a fine sherry. This may make an after-dinner relish, or be served with the green salad, dressed with plain French salad dressing, as a course.

Welsh Rarebit.—The ordinary American factory cheese is excellent for rarebits, because it grates easily, melts quickly, and blends smoothly with the other ingredients. To make a rarebit, mix the following ingredients in a saucepan, and then stir them over the fire until they are smoothly melted together; meantime prepare two slices of toast and lay them on a hot dish. When the rarebit is quite smooth pour it on the toast, and serve it at once. The proper ingredients for a rarebit are: quarter of a pound of cheese grated, two ounces of butter, two tablespoonfuls of ale, a saltspoonful each of salt and dry mustard, a quarter of a saltspoonful of pepper and a dust of cayenne.

A very good rarebit is made by substituting for the ale the yolks of two raw eggs, beaten in half a cupful of milk. This rarebit is mixed and cooked like the first, and is very tender and delicate.

Golden Buck.—A golden buck is a Welsh rarebit with a poached egg laid on it.

Yorkshire Rarebit.—A Yorkshire rarebit is a golden buck with a slice of fried or broiled bacon laid upon the poached egg.

All the rarebits may be made at the table in a chafing dish, if the cheese is grated and the toast prepared in the kitchen. The more quickly they are eaten after they are cooked the better they are.

Cheese Straws and Crusts.—Cheese crusts and cheese straws make an acceptable accompaniment for any green salad, or for celery. To prepare cheese straws, sift six ounces of flour on the pastry board, make a hole in the center, into which put the yolk of a raw egg or two tablespoonfuls of cream, three heaping tablespoonfuls of any dry, rich cheese, grated, an equal quantity of butter, half a level teaspoonful of salt, quarter of a saltspoonful of white pepper, a dust of cayenne, and a very little grated nutmeg. Mix these ingredients with the tips of the fingers to a smooth paste, which can be rolled out an eighth of an inch thick. If the cream and butter do not furnish moisture enough to form the paste, add a very little cold milk or water. When the paste is rolled out, cut in small strips about six inches long, with a sharp knife or with the pastry wheel; lay the strips or straws on a buttered baking pan, in straight rows, a little apart, and set the pan in a moderate oven; the straws will cook within a few minutes, and must be watched carefully, because, if they are allowed to brown, their flavor will be spoiled. They need to bake only long enough to slightly harden them, but not become at all brown. When they are done let them cool on the pan, and then transfer them to the dish on which they are to be served, taking care to lift them by slipping under them a flexible blade of a long thin knife, for they are very brittle.

Cheese crusts are small slices of bread covered with grated cheese, seasoned with salt and pepper, and browned in a hot oven.

Potted Cheese.—Grate two pounds of old cheese; pound it in a mortar to a smooth paste with a quarter of a pound of butter, a saltspoonful of powdered mace, a teaspoonful of salt, and a glass of sherry; pack the cheese in earthern jars, cover it with clarified butter—which is butter melted at a gentle heat, and poured carefully away from the sediment—keep it in a cool place.

SALADS.

SALADES AND ENTREMETS.

The variety of salads depends solely upon the taste and ingenuity of the housekeeper, for the possibilities are illimitable. Those made of uncooked vegetables should always be fresh and crisp. If they are wilted in the least degree, they should be washed, without draining, and put into a cool, dark place to revive. Before using them, all decayed leaves should be removed, and the moisture absorbed from them by using a soft, clean towel. Cucumbers should be peeled, and laid in cold salted water for an hour before serving them, and then shaken dry in a clean towel and dressed with pepper, salt, vinegar and plenty of good oil. Radishes should be similarly dressed. If they are very pungent in taste a very little sugar will modify their sharpness. The young, white leaves of oyster plant, mixed with an equal quantity of chopped green onions, both being well cleansed, make a good salad. Green peppers, chopped without the seeds, and added to cabbage shaved fine, are excellent. Nasturtium leaves, stems and buds, washed and chopped, dressed with salt, oil and vinegar, are very good; the flowers may be used to garnish the dish. All these salads should be dressed with the plain French salad dressing. Enough for a medium-sized salad may be made by mixing thoroughly together a heaping saltspoonful of salt, half a level saltspoonful of pepper, two tablespoonfuls of vinegar, and six of salad oil.

Tomatoes may be sliced after washing, and served with plain salad dressing, or peeled and served with *mayonnaise.* They should be firm and ripe, sliced nicely, and kept in a very cold place until wanted for the table.

Celery should be carefully washed in plenty of salted water; the green leaves and stalks trimmed off, and either used fresh for flavoring sauces, soups and forcemeats, or dried by gentle heat for later use; the roots should be peeled, dried, and then grated and mixed with salt for table use. The white stalks are best for the table; after they are washed, they may be kept in a cool, dark place, or in the refrigerator, near the ice. Frozen celery must be laid in plenty of cold water as soon as it is brought into the house, and kept there until all the frost is extracted; thawing it by heat destroys its excellence.

Lettuce should be kept on or near the ice after it is washed, or in a cool, dark place, entirely wrapped in a cloth wet in cold water; if it is enclosed in an air-tight box after it is wrapped in the wet cloth, it will keep fresh for some time, care being taken to renew the wet cloth, and trim off all defective leaves.

Watercress Salad.—Carefully wash a pint of fresh watercresses, free them from decayed leaves, break them in lengths of about two inches, and shake them dry in a clean towel; arrange them neatly on a cold dish, and dress them with three tablespoonfuls of oil, one of vinegar, and a dust of salt and pepper. Dandelion, oyster plant, chicory, escarole, and nasturtium may be served in the same way.

French Salad Dressing.—This is the usual dressing for vegetable salads; enough for a medium-sized salad bowl can be made by mixing together two tablespoonfuls of vinegar, six of oil, a saltspoonful of salt, and a quarter of a saltspoonful of pepper.

Sliced Cucumbers.—Peel two or three cucumbers, cut them in thin slices, and let them stand for an hour in very cold salted water; then drain them, dry them on a towel, and dress them with plenty of oil and vinegar, and a palatable seasoning of salt and cayenne pepper; or with cream salad dressing. Young onions sliced make a good addition to cucumber salad.

Cream Salad Dressing.—Is made by mixing sour cream with enough vinegar, pepper and salt to season the salad palatably.

Pepper Salad.—Remove the skin from six green peppers, and chop them fine. Peel one red pepper, and chop it very fine; peel and chop a Spanish onion, weighing a quarter of a pound; peel and chop six tomatoes; mix with these ingredients two teaspoonfuls of salt. Carefully separate the leaves of two heads of lettuce, wash them in plenty of cold water, and dry them by shaking them in a towel. Arrange the lettuce and chopped salad in a salad bowl in layers, pour over it half a cupful of salad oil, and three tablespoonfuls of vinegar, and serve it.

Onion and Tomato Salad.—Choose half a dozen firm, ripe tomatoes of medium size, wipe them with a wet towel, and slice them about a quarter of an inch thick; peel a medium-sized Valencia or Spanish onion, and slice it very thin; arrange the sliced onion and tomatoes in layers in a salad bowl, and pour over them a plain salad dressing, made by mixing together half a cupful of salad oil, two tablespoonfuls of vinegar, half a level teaspoonful of salt, and half a saltspoonful of pepper; use the salad as soon as it is made. Young green onions may be used in this salad.

Tomatoes with Mayonnaise.—Raw tomatoes peeled and sliced, are delicious with *mayonnaise*, which is made by slowly mixing three parts of oil and one of vinegar with the yolk of a raw egg, and a palatable seasoning of salt and pepper; the addition of mustard to *mayonnaise* is a question of taste. The egg and seasonings are put in the bottom of a bowl, with a very little vinegar, and mixed to a smooth cream; the oil and vinegar are then added alternately, a few drops at a time, until the desired quantity of *mayonnaise* is made; the stirring must be gentle and constant, and, after the *mayonnaise* is made, it must be kept in a cool place until it is used.

Rice Salad.—Two cupfuls of boiled rice, one cupful of red beets boiled and chopped, one cupful of celery cut rather small; make the dressing as for ordinary salad. Cream is better than oil.

Cabbage Salad.—Three eggs, six tablespoonfuls of sweet cream, three tablespoonfuls of melted butter, and one tablespoonful of flour of mustard, two teaspoonfuls of black pepper, the same of salt, and one coffeecupful of strong vinegar. Let all simmer together until it thickens a little. Then pour it over finely shaved raw cabbage.

Hot Slaw.—Carefully wash a head of firm cabbage, cut it in shreds, and put it over the fire in salted boiling water, to boil only until tender, which will be in from fifteen to twenty minutes, according to the age of the cabbage; then drain it, and serve it with a dressing made as follows: Melt together by gentle heat two tablespoonfuls of butter, half a cupful of rich cream, two tablespoonfuls of vinegar, and add them to the boiled cabbage; season it palatably with salt and pepper, and serve it as soon as it is prepared, with any dish of fried poultry or meat.

Cheese Salad.—Use any dry, rich cheese, such as Edam, Roquefort, or Gorgonzola, about two heaping tablespoonfuls to a head of lettuce of medium size; carefully wash the lettuce, tear the leaves apart and lay them in a salad dish; break the cheese in small bits and scatter it among the lettuce; pour over it a plain salad dressing, made as directed above, and serve.

Salad of French Beans.—Pick over a pint of French haricot beans—the large, dark-red variety; put them over the fire in a quart of cold water, and let them begin to boil; then add a cupful of cold water and let them boil again; every fifteen minutes add more cold water, and continue to boil the beans until they are tender; then drain them and let them get quite cold. To each pint of cold boiled beans add two tablespoonfuls of chopped parsley, and a plain salad dressing composed of six tablespoonfuls of oil, two of vinegar, a saltspoonful of salt, with half a saltspoonful of pepper; mix these ingredients thoroughly, pour them over the beans, and serve the salad. Cold string beans make a good salad.

Fruit Salads.—The fruits which we are accustomed to associate with breakfast or dessert may be used as salads; the only point to be remembered is that they must be of a pronounced flavor or acid. Orange salad, made of thinly sliced oranges freed from seeds, and dressed with salt, cayenne, lemon juice and oil (one tablespoonful of lemon juice to three of oil) is a delicious accompaniment for broiled or roasted game or poultry. Lemon salad is composed of sliced lemons, the seeds being removed, and lettuce carefully washed and dried; the dressing is salt, cayenne and oil. Apple salad is made of very tart apples, sliced, and mixed with young green onions chopped, and plain salad dressing. In summer, gooseberries or barberries, combined with young onions or cucumbers, sliced and served with plain dressing, are very good with boiled mackerel. Currants mixed with well-washed lettuce, and dressed with salt, pepper and oil, are refreshing and wholesome.

A delicious breakfast salad is muskmelon, made very cold, cut in the natural divisions, freed from seeds, and served with salt, pepper, oil and lemon juice—one tablespoonful of lemon juice to three of oil. Watermelon with *mayonnaise* makes a good salad, as also does grape-fruit.

Mayonnaise for Salad.—Make a *mayonnaise* salad dressing as follows: Put into a bowl the yolk of one raw egg, one level teaspoonful of salt, half a saltspoonful of white pepper, a dust of cayenne pepper, and a teaspoonful of vinegar; quickly mix these ingredients to a smooth cream, then stir into them salad oil and vinegar, first adding the oil, two or three drops at a time, and mixing it smoothly with the first named ingredients until a thick paste is formed; then stir in a very little vinegar, using only enough to make the *mayonnaise* about as thick as rich cream; then add more oil, a few drops at a time, until the thick paste is again formed; then a little vinegar, as before; proceed in this way, using oil and vinegar alternately, and stirring the *mayonnaise* constantly, until three-quarters of a pint of oil and one-quarter of a pint of vinegar have been used. When done, the *mayonnaise* should be like very thick cream; if it should curdle or break during the mixing, put it in the ice box, or in a very cold place, for half an hour, and then finish it; if the weather is warm, place the bowl containing it in a pan of cracked ice while it is being mixed. After the *mayonnaise* is mixed, keep it in a cold place until it is wanted for the table.

Sweetbread Salad.—Blanch sweetbreads as directed in this book, and continue to boil them for fifteen minutes; then cool and slice them. Wash for each pair of sweetbreads a head of lettuce in plenty of cold salted water, and dry it on a clean towel; put the yolk of a raw egg in a bowl; add to it a level teaspoonful each of dry mustard and salt, quarter of a saltspoonful of pepper, and a teaspoonful of vinegar; mix these ingredients to a smooth cream, then stir in, drop by drop, enough oil to form a thick paste; next add a little vinegar to liquefy the paste; then, alternately, more oil and vinegar until there is enough dressing for the salad. Arrange the lettuce on a salad dish, put the sweetbreads on it, and pour the dressing over them. Serve the salad as soon as it is made.

Shad-Roe Salad.—Wash a shad-roe in cold water; put it over the fire in salted boiling water, and boil it for fifteen minutes, or until the grains are hardened; then drain it, pour a little vinegar over it, and rub it until the grains are separated; peel and slice half a dozen raw tomatoes; thoroughly wash and drain a head of fresh lettuce; put the lettuce in the bottom of a salad bowl, then the tomato and shad-roe in layers, and pour over all six tablespoonfuls of oil and two of vinegar or lemon juice, and serve the salad. Cold fried or broiled shad-roe may be used in this dish.

Shrimp Salad.—Prepare a quart of shrimp as directed in the recipe for shrimp sauce; wash two heads of fresh lettuce; shake the water from the leaves, and arrange them on a salad bowl; put the shrimp in a little heap in the center of the lettuce, and pour over them a *mayonnaise*, made without mustard, as follows: Put the yolk of a raw egg in a bowl, stir it with a fork, and mix oil with it, a few drops at a time, until quite a thick paste is formed; next slowly mix in enough vinegar to thin it; then again add oil and vinegar, stirring the dressing gently and constantly, until the desired quantity of *mayonnaise* is made, using one-third as much vinegar as oil; season it palatably with salt and pepper, and use it with the salad.

Salad a la Portuguese.—Cut one-quarter of a pound of cooked beef tongue into small pieces; cut four cooked potatoes the same, also one peeled apple, half a cooked beet root, and one cooked carrot. Place these in a bowl, adding the fillets of two boned herrings cut in small pieces, and season with a pinch each of salt and pepper, a dessertspoonful of diluted mustard, two tablespoonfuls of vinegar, and two tablespoonfuls of oil. Mix all well together, then transfer to a salad serving bowl, sprinkle over a pinch of chopped parsley, and serve. In using the oil pour in a few drops at a time.

Handy Chow-Chow Salad.—Chop together very finely a head of cabbage, six green peppers, six green tomatoes, add two teaspoonfuls of mustard, sufficient salt, vinegar to wet it, and if desired a little cloves and allspice. It is then ready for use, and will keep a long time. No better appetizer can be made.

Oyster Salad.—Take the yolks of four eggs, half a cupful of powdered crackers, half a cupful of vinegar, half a cupful of butter, one teaspoonful of mustard, one large can of cove oysters, salt and pepper to taste. Beat the yolks of eggs, add the oyster liquor and butter, and then the powdered crackers; set over the fire and stir constantly until nearly done, then add the mustard and vinegar; pour over the oysters as soon as it thickens; garnish with parsley and sliced hard-boiled eggs.

Egg Salad.—Break three eggs into one tablespoonful of hot salad oil; stir a little; season with salt and pepper; as soon as it hardens a little, turn out in salad dish, sprinkle over the top one tablespoonful of grated lemon rind, one tablespoonful of chopped cucumber, one tablespoonful of lemon juice and three tablespoonfuls of salad oil.

Cold Slaw with Celery.—Cut a small head of cabbage very fine, add two stalks of celery cut fine; season with pepper, salt and vinegar.

Lettuce Salad.—Four hard-boiled eggs, one cupful of cream (either sweet or sour), one cupful of vinegar, two tablespoonfuls of sugar, half a teaspoonful of salt. Wash the lettuce, place it in the salad dish, slice the eggs over the top; mix the other ingredients well together and pour over.

Beef Salad.—For six persons: Two pounds of cold boiled beef, four hard-boiled eggs, one green onion, half a handful of parsley, three tablespoonfuls of oil, two tablespoonfuls of vinegar, salt and pepper to suit the taste. Mix in salad dish the above, as follows: slice the cold boiled beef fine, add the eggs sliced, the onion chopped, the sweet oil, vinegar and seasoning, sprinkle on all some finely chopped parsley, and mix thoroughly and serve.

Salad of Pigs' Feet.—Three pigs' feet, three tablespoonfuls of oil, four tablespoonfuls of vinegar, one tablespoonful of mustard, one-quarter of a handful of parsley, salt and pepper to suit the taste. Cut the cold boiled pigs' feet in small pieces, and put in a salad dish where you have previously mixed the other ingredients; mix thoroughly and serve.

Dressing for Lettuce.—Take the yolks of three hard-boiled eggs, one-half teaspoonful of salt, one teaspoonful of made mustard, four tablespoonfuls of cream, four teaspoonfuls of sweet oil, three tablespoonfuls of vinegar, and one raw egg beaten to a froth; rub the yolks of the eggs to a fine powder, then add the salt, mustard and oil, mixing well together; then add the cream, and after that the vinegar and raw egg.

German Potato Salad.—Wash and boil four large potatoes; while hot, peel and slice thin with one raw onion; sprinkle with salt and pepper. Put a tablespoonful of butter in a spider, let it brown, pour in two-thirds of a cupful of vinegar; when it boils up, pour it over the salad. This will keep a week if stirred occasionally.

Cold Slaw.—Select a fine bleached cabbage, cut up enough into shreds to fill a large salad bowl, or according to the quantity required; shave very fine, and after that chop up, the more thoroughly the better. Put this into a dish in which it is to be served, after seasoning it well with salt and pepper. Turn over it a dressing for cold slawas below; mix it well and garnish with slices of hard-boiled eggs.

Dressing for Cold Slaw.—Beat well two eggs and two tablespoonfuls of sugar; add a piece of butter the size of half an egg, a teaspoonful of mustard, a little pepper, and then add a teacup of vinegar. Put all these ingredients into a dish over the fire, and cook like a soft custard. You can add half a cupful of thick sweet cream to this dressing, but using less vinegar.

Herring Salad.—Take four medium-sized smoked herrings, lay them on the corner of the stove for half a minute on each side, then tear off the skin, cut off the heads, and split them in two; remove the bones, and cut them up into small square pieces. Place them in a salad bowl with half a hashed onion, two hard-boiled eggs cut in pieces, a cold boiled potato cut the same, and a teaspoonful of chopped parsley. Season with half a pinch of salt, one pinch of pepper, three tablespoonfuls of vinegar and two of oil. Mix well together and decorate with a small cooked beet root cut in slices, also twelve capers, then serve.

Tomato Salad, French Dressing.—Take six fine firm red tomatoes; wipe them neatly, and plunge them into boiling water for one minute; drain in a cloth, remove the skins, pare off the stem side, let get cool, and then cut them into very thin slices, or, if preferred, into quarters, keeping them in a bowl, so that the juice be not wasted. Season with a pinch of salt, half a pinch of pepper, a wooden saladspoonful of vinegar, and the same quantity of oil. Mix thoroughly together, and serve as cold as possible. A teaspoonful of chopped chives may be added, if desired, which will give a delicious flavor.

Salad a la Hollandaise.—Split and bone a dozen anchovies, and roll each one up; split and bone one herring, and cut up into small pieces; cut up into dice an equal quantity of bologna sausage or of smoked ham; also an equal quantity of the breast of cold roast fowl or veal; add likewise, always in the same quantity and cut into dice, beet roots, pickled cucumbers, cold boiled potatoes cut in larger dice and in quantity according to taste, but at least thrice as much potato as anything else; add a tablespoonful of capers, the yolks and whites of some hard-boiled eggs minced separately, and a dozen stoned olives.

Salad Dressing a la Creme.—One-half pint fresh cream, one tablespoonful fine flour, the whites of two eggs beaten stiff, three spoonfuls of vinegar, two spoonfuls of salad oil or soft butter, two spoonfuls of powdered sugar, one teaspoonful salt, one-half teaspoonful pepper, one teaspoonful of made mustard. Heat cream almost to boiling; stir in the flour, previously wet with cold milk; boil two minutes, stirring all the time; add sugar and take from fire. When half cold, beat in whipped whites of egg; set aside to cool. When quite cold, whip in the oil or butter, pepper, mustard and salt; if the salad is ready, add vinegar and pour at once over it.

Salad Dressing.—One and one-half tablespoonful mustard, one teaspoonful salt, a little pepper; scald with hot water enough to mix. Use melted butter, dropping in slowly all it will take up; put in three eggs, beat all together; add one-half cup vinegar, two-thirds cup of milk. Put on the stove and bring to a boil. Stir constantly; when cool use.

Chicken Salad.—One fine large chicken boiled tender and chopped, twelve eggs boiled hard, six stuffed pickled peppers chopped, one cup melted butter or salad oil, three cups chopped celery, one teaspoonful ground pepper, two tablespoonfuls of black mustard ground, one cup vinegar. Rub the yolks of the eggs with the butter or salad oil. If the chicken is fat, the oil taken from the water in which it is boiled is better than the salad oil. Chop the whites of the eggs. Put all the ingredients together, and work with the hands until it is thoroughly mixed. If you cannot get the celery use white cabbage, and put celery seed in the cup of vinegar that you are going to use, and let it stand over night. Other pickles can be used with some pepper sauce instead of the stuffed peppers. This recipe will make nearly a gallon of salad and will keep for days in a cool place.

Salmon Salad.—One can salmon cut in small pieces, twelve small cucumber pickles chopped, one very small head of white cabbage chopped fine, two eggs boiled hard and chopped. Mix all this together thoroughly. Heat one pint of vinegar scalding hot, seasoning it with salt, pepper and mustard to suit your taste and pour over it.

Chicken Salad.—Take a young tender chicken of two and a half pounds; boil it in the soup stock for one hour, or should it be a fowl it will take from half to three-quarters of an hour longer; when cooked, let it get thoroughly cold, bone the chicken, cut it up into small pieces, and put them into a deep dish; season with a pinch of salt, half a pinch of pepper, one tablespoonful of vinegar and six leaves of chopped lettuce, or a few leaves of the white of celery in preference, cut up. Mix well, place it in a salad bowl, and cover with half a cupful of mayonnaise dressing; decorate the top with a chopped hard-boiled egg, a tablespoonful of capers, twelve stoned olives, quarters of two hard-boiled eggs, and six small white lettuce leaves around the dish, then serve.

Crab Salad.—Take twelve hard-shelled crabs; boil them in salted water, with half a cupful of vinegar, for twenty minutes; then drain and shell them. Pare off the gills; put a finger in the center, to prevent the sand getting into the cavity; wash thoroughly, then pick the meat from the shells; put in a salad bowl, and prepare the same as for salmon salad.

Celery Salad.—Take two large and white heads of celery. Pare off the green stalks, trim the roots nicely, and cut into short shreds; wash thoroughly in cold water, lift it up with the hands, and drain it in a cloth. When well drained, place it in a salad bowl, and season with a pinch of salt, half a pinch pepper, and one and a half wooden saladspoonfuls of vinegar, also the same quantity of oil. Mix well and serve.

Lettuce and Tomato Salad.—Take a white head of lettuce, pare off the outer leaves and core, wash, drain in a wire basket, then cut the leaves in two and put them in a bowl. Have two fine firm peeled red tomatoes, cut them into thin slices, and place them over the lettuce, seasoning as follows: Mix a pinch of salt and half a pinch of pepper in a wooden saladspoonful of vinegar; add a spoonful and a half of oil; mix well and serve.

Lamb Tongue Salad.—Cut five or six pickled lambs' tongues in thin slices, lay in salad bowl, adding two cooked potatoes sliced fine, two tablespoonfuls of vinegar and six teaspoonfuls of sweet oil, and salt and pepper to suit the taste; mix thoroughly together, sprinkle chopped parsley over, and garnish with a few lettuce leaves.

Lobster Salad a la Napoleon.—Select two fine freshly boiled lobsters; cut them in two, and pick out all the meat from the shell, carefully abstracting the gall. Cut the meat into small equal-sized square pieces, and place them in a salad bowl; shell three hard-boiled eggs, lay them on a plate, and with a knife chop them up as thoroughly as hashed potatoes; then add this to the lobster, also two finely chopped shallots, two teaspoonfuls of freshly chopped chives, and one and a half teaspoonfuls of finely chopped parsley. Take half a head of good and well-cleaned lettuce, chop it up very fine, add it to the lobster; then season with a pinch and a half of salt, a light pinch of fresh and finely crushed white pepper, two tablespoonfuls of vinegar, two tablespoonfuls of good sweet oil, and three tablespoonfuls of Mayonnaise sauce (see page 209). Gently but thoroughly mix the whole together, then wipe well the edge of the salad bowl with a napkin, and send this delicious salad to the table.

VEGETABLES.

All vegetables should be well picked and washed. A very little salt should always be thrown into the water in which they are boiled. A steady regular fire should be kept up, and they should never for a moment be allowed to stop boiling or simmering till they are thoroughly done. Every sort of vegetable should be cooked till tender, since if the least hard or underdone they are both unpalatable and unwholesome. The practice of putting saleratus in the pot to improve the color of green vegetables should be strictly forbidden, as it destroys the flavor, and either renders them flat and insipid or communicates a very disagreeable taste of its own. Every sort of culinary vegetable is infinitely best when fresh from the garden, and gathered as short a time as possible before it is cooked. They should be all laid in a pan of cold water for a while previous to boiling. When done, drain carefully before sending to the table.

POTATOES.

Mashed Potatoes.—Peel the desired quantity of potatoes, slice them half an inch thick, put them into salted boiling water, and boil them until tender; then pour them into a colander, and set it over a hot dish when all the water has drained away; put with a quart of potatoes a tablespoonful of butter, the yolk of a raw egg, and a palatable seasoning of salt, pepper and a grated nutmeg, and rub them through the colander with a potato masher. Serve the potatoes the moment they are mashed, or they will grow cold; if they cannot be sent to the table directly they are done, set them in a hot oven and brown them. Be sure to serve them hot.

If the egg is omitted, the potatoes may be more highly seasoned; or a very little milk may replace it, but not enough to make the potatoes too moist.

Cold mashed potatoes may be rewarmed by stirring them over the fire with just enough milk to soften them, and a palatable seasoning of salt and pepper; or made into little cakes or balls, and fried brown in hot fat; or mixed with finely minced meat and warmed in a frying pan, with a palatable seasoning of salt, pepper and butter.

Pommes de Terre a l'Espagnol.—Have ready a small dish of dried bread crumbs finely rolled out, also a couple of eggs beaten in another dish. Take some mashed potatoes warm, with a very little milk and butter mixed in. Form with the hands into balls or an oval shape, then dip them in the egg and then in the bread crumbs. Place in a pot of boiling rendered beef suet, letting them remain until well browned. Then take out and place on a sieve for a few moments and serve.

Potato Straws.—Wash a pint of potatoes, peel them very thin, slice them about a quarter of an inch thick; put them into plenty of salted boiling water, and boil them until they are tender, which will be in about ten minutes; when the potatoes are tender pour them into a colander with large holes, and let the water drain off; when the potatoes are quite dry, sprinkle over them a teaspoonful of salt, and a quarter of a saltspoonful of white pepper; hold the colander over one end of a large platter, and press upon the potatoes with a potato masher, moving the colander toward the other end of the dish as the potatoes are pressed through it, so that they will fall upon the dish in long rows; continue to move the colander from one end of the platter to the other until all the potatoes are pressed through and laid in even rows upon the dish; then wipe the edge of the dish with a clean towel, set in the oven for two or three minutes to heat the potatoes, and then serve them.

Stuffed Potatoes.—Prepare and bake large potatoes of equal size, as directed in the preceding recipe. When done, cut them evenly three-fourths of an inch from the end, and scrape out the inside, taking care not to break the skins. Season the potato with salt and a little thick sweet cream, being careful not to have it too moist, and beat thoroughly with a fork until light; refill the skins with the seasoned potato, fit the broken portions together, and reheat in the oven. When hot throughout, wrap the potatoes in squares of white tissue fringed at both ends. Twist the ends of the paper lightly together above the fringe, and stand the potatoes in a vegetable dish with the cut end uppermost. When served, the potatoes are held in the hand, one end of the paper untwisted, the top of the potato removed, and the contents eaten with a fork or spoon.

Browned Potatoes.—First mash the potatoes, then put them into a pan, smooth the top, and brush over with the yolk of an egg, or spread on a bountiful supply of butter and dust well with flour. Set in the oven to brown; it will brown in fifteen minutes with a quick fire.

Saratoga Potatoes.—Saratoga potatoes are peeled, sliced very thin, and soaked over night, or for several hours, in plenty of cold water; sometimes a small bit of alum is dissolved in the water to harden the potatoes; before they are fried, they are carefully drained or dried on a towel, and then fried in plenty of smoking hot fat, a few slices at a time. They are served either hot or cold.

Scalloped Potatoes (Southern style.)—Peel and slice raw potatoes thin, the same as for frying. Butter an earthen dish, put in a layer of potatoes, and season with salt, pepper, butter, a bit of onion chopped fine, if liked ; sprinkle a little flour. Now put another layer of potatoes and the seasoning. Continue in this way till the dish is filled. Just before putting into the oven, pour a quart of hot milk over. Bake three-quarters of an hour.

Cold boiled potatoes may be cooked the same. It requires less time to bake them ; they are delicious either way. If the onion is disliked it can be omitted.

Potato Puffs.—Use mashed potatoes ; while hot form in balls about the size of an egg. Have a tin buttered and place the balls on it. When all are ready brush them over with beaten egg, and set in the oven to brown. When done slide them carefully upon a hot platter, garnish with parsley ; serve hot.

Potato Snowballs.—Cut large potatoes into quarters ; if small, leave them undivided ; boil in just enough water to cover. When tender, drain and dry in the usual way. Take up two or three pieces at a time in a strong, clean cloth, and press them compactly together in the shape of balls. Serve in a folded napkin on a hot dish.

Potatoes a la Creme.—Heat one cup of milk, rub together one tablespoonful of butter and one of flour ; stir this into the milk, season with pepper and salt, add two cups of cold boiled potatoes sliced, and a very little chopped parsley. Leave over the fire until the potatoes are heated through ; pour in deep dish, serve hot.

Potato Fillets.—Pare the potatoes and cut them lengthwise about one-quarter of an inch square ; let them lay in cold water until ready for use ; then drop them in boiling lard. When nearly done skim them out and let drain ; boil the lard up again and drop the potatoes in once more and let them fry until done ; dropping them in the hot lard the second time, causes them to puff up.

Fried Potatoes.—Have ready over the fire a frying kettle half full of fat ; peel half a dozen medium-sized smooth potatoes ;

when the fat is smoking hot, slice the potatoes into it, and fry them golden brown; when they are brown, take them from the fat with a skimmer, put them into a colander, dust them with pepper and salt, shake them up, and serve them hot.

Potato Pie.—Make a thin pie crust in the usual way, and line with it a basin or deep pie dish. Fill to the top with finely shred potatoes, among which mix an onion or two, sliced very thin, pepper and salt, and a little butter, dripping, or lard. Pour over all as much good milk or cream as the dish or basin will hold. Either cover with a crust or not, according to option, and bake in a slow oven.

Potato Croquettes.—Take the whites of two eggs well beaten, a tablespoonful of butter, a pinch of salt and pepper, and two cups of cold mashed potatoes. Mix all together thoroughly, and make into small balls, dip them in the yolks of the eggs, roll in flour, and fry in butter.

Crisp Potatoes.—Cut raw potatoes into shavings; place a few at a time into boiling fat. Stir them about until they are a light brown. Skim them out, sprinkle salt over them and serve hot.

Roasted Potatoes.—Potatoes are much more rich and mealy roasted than cooked in any other way. Wash them very carefully, dry with a cloth, and wrap in tissue paper; bury in ashes not too hot, then cover with coals and roast until tender. The coals will need renewing occasionally, unless the roasting is done very close to the main fire.

Potato Cakes with Eggs.—Bake nice potatoes till perfectly tender; peel, mash thoroughly, and to each pint allow the yolks of two eggs which have been boiled until mealy, then rubbed perfectly smooth through a fine wire sieve, and one half cup of rich milk. Add salt to taste, mix all well together, form the potato into small cakes, place them on oiled tins, and brown ten or fifteen minutes in the oven.

Broiled Potatoes.—Take warm mashed potatoes and pack solid into a sheet iron bread tin (dip tin into cold water before putting in potatoes); when cold cut into slices, pour a little cream all over the top, and brown in a broiler over hot coals.

Vegetable Hash.—One quart sliced potatoes cut fine, one chopped carrot, one red beet, one whole turnip, two stalks of celery. Boil the above first, then put all together in a pan, cover closely and set in oven; when hot, pour over them about three-quarters of a pint of boiling cream. Mix thoroughly and serve hot.

Fancy Potatoes.—Score the top of a dish of mashed potatoes deeply in triangles and crosses with the back of a carving knife, and then put in oven and allow to brown lightly.

Stuffed Sweet Potatoes.—Wash a dozen medium-sized sweet potatoes, which should be rather round in shape, and have smooth skins; bake them in a moderate oven until they begin to soften; when the potatoes are ready, take them from the oven, cut a slice from one side of each which will permit the introduction of a teaspoon, and with the spoon scoop out the inside of the potato, taking care not to break the skin. As the potato is withdrawn from the skin, put it into a bowl; and, when all the skins are empty, season the potato rather highly with salt and pepper, mix with it two tablespoonfuls of butter, and replace it in the skins; put on each potato, after it is stuffed, the piece of skin first cut from it, and then return the potatoes to the oven to heat thoroughly. When they are hot, serve them in the skins. The potatoes may be served when they are tender without being stuffed.

Roasted Sweet Potatoes.—Wash clean and wipe dry, potatoes of uniform size, wrap with tissue paper, cover with hot ashes, and then with coals from a hardwood fire; unless near the main fire, the coals will need renewing a few times. This will require a longer time than by any other method, but they are much nicer.

The slow, continous heat promotes their mealiness. When tender, brush the ashes off with a broom, and wipe with a dry cloth. Send to the table in their jackets.

Boiled Sweet Potatoes.—Wash the potatoes, using those about of a size, so that they may cook evenly; put them over the fire, either in hot or cold salted water, and boil them for about twenty minutes, or until they are tender; then drain and serve them. If sweet potatoes are at all watery, they can be greatly improved by putting them into a very hot oven for five minutes after they are boiled; if they are peeled, put them in a dripping pan with a little butter, and brown them before serving them.

Baked Sweet Potatoes.—Select those of uniform size, wash clean, cutting out any imperfect spots, wipe dry, put into a moderately hot oven, and bake about one hour, or until the largest will yield to gentle pressure between the fingers. Serve at once without peeling. Small potatoes are best steamed, since if baked, the skins will take up nearly the whole potato.

Sweet Potato Pudding.—Peel and wash a large sweet potato, wipe it dry on a clean towel, and then grate it on a large grater; while the potato is being grated, heat a quart of milk; stir a cupful of the grated potato into the hot milk, and let it boil; meantime beat four eggs to a cream; add a heaping tablespoonful of butter to the milk and potatoes, and take them off the fire; stir the beaten eggs with the milk and potatoes, season the pudding palatably with salt and pepper, put it into an earthen dish, and bake it for twenty minutes, or until the custard is firm, in a moderate oven; serve it hot as a vegetable. The same pudding may be sweetened, and baked to use for dessert.

Browned Sweet Potatoes.—Slice cold cooked sweet potatoes evenly, place on slightly oiled tins in a hot oven, and brown.

The following formulas have been obtained from French and Italian chefs. If you desire to cook a less quantity you can do so, but be sure and use the same ratio of ingredients mentioned:

Potatoes Maitre d'Hotel.—Take twelve medium-sized boiled potatoes, slice them, and put in a pan with three tablespoonfuls of butter or lard, and a sprinkle of chopped parsley. Season with salt and pepper to suit the taste, juice of half a lemon, and sprinkle a very little grated nutmeg over same. Put pan on stove, and allow just to warm through, stirring well; then pour over one cupful or more of cream. Let heat again for a few minutes, and serve.

Potatoes Parisienne.—Take ten medium-sized, well-cleansed potatoes; with a round vegetable spoon cut out the potatoes, or cut in fancy shapes; then put them in fresh water, wash well, and drain. Melt two tablespoonfuls of butter in a pan with the potatoes, and season with salt and pepper to suit the taste. Place the pan in the oven; cook for twenty minutes, and serve on a hot dish with a folded napkin.

Potatoes a la Italienne.—Take ten medium-sized boiled potatoes; put in a saucepan and mash them. Add two tablespoonfuls of butter and a piece of fresh bread (do not use the crust). Soak bread in milk first; add three tablespoonfuls of milk, in order to form a pliable paste, three fresh egg yolks, and the whites of the three beaten to a froth; season with salt and pepper, and the third of a pinch of nutmeg. Mix well together, and pile high on a baking dish; pour over them a little melted butter and sprinkle a little cheese, place in the oven and leave until they are a golden brown, and then serve while hot.

Potatoes Sautees au Beurre.—Peel and clean twelve medium-sized potatoes; place two tablespoonfuls of butter in a saucepan; place it on a good fire, adding the potatoes; cook them until they are a golden brown, then drain. Sprinkle over them salt and pepper, and arrange them on a dish, adding a little chopped parsley, and serve.

Potatoes a la Lyonnaise.—Cut ten boiled potatoes into round slices; lay them in a frying pan with three or four tablespoonfuls of lard or butter, and the round slices of a previously fried onion, and season with salt and pepper. Cook well together until well browned; toss them well, and serve with a pinch of chopped parsley sprinkled over the whole.

Potatoes Julienne.—Clean ten medium-sized potatoes, cut them in square pieces two or three inches long and one-quarter inch in width; drop them in cold water, then take out and put in a pan containing very hot fat and allow to remain for six or eight minutes. Take out, drain, season with salt and pepper, and serve.

Potatoes Soufflees.—Cut ten medium-sized potatoes in quarters and in oval shape, put in cold water, drain off the water, put in pan containing some hot fat or butter and allow to fry from eight to ten minutes; take out, lay them aside for a few moments, then plunge them again in very hot fat until they swell considerably, and take out and serve.

Potatoes a la Astor.—Clean and pare ten nice potatoes, cut them in half an inch square pieces, put them in a frying pan with three tablespoonfuls of butter, season with salt and pepper to suit the taste. Allow them to fry until a nice golden brown (it generally takes from fifteen to eighteen minutes). Drain off the butter. Place the potatoes in serving dish, sprinkle over a little parsley and serve hot.

Hashed Potatoes with Cream.—Hash ten cold boiled potatoes and place them in a pan; add half a cupful of cream and nearly two tablespoonfuls of butter; season with salt and pepper and the third of a pinch of nutmeg; stir well with spoon for five minutes until well heated, and serve.

Potatoes a l'Hollandaise.—Boil ten medium-sized potatoes, peel and cut them into quarters; put them in a pan with two tablespoonfuls of butter and sprinkle with chopped parsley; season with salt and pepper, stir them gently, and warm them slightly for five minutes. Place in a hot dish, and serve.

Sweet potatoes a l'Hollandaise are prepared the same way.

ONIONS.

Boiled Onions.—Peel off the outside, cut off the ends, put in stew kettle, cover with cold water and let them parboil for fifteen minutes. Then drain off the water, and pour fresh cold water on them; salt and let boil slowly until tender. When done drain them, put a little melted butter over them, sprinkle with salt and pepper, and serve hot.

Onions Stewed.—Boil in water until they begin to soften, let them drain, put in a stew pan, cover with good thick brown gravy; let them remain until they are perfectly tender, and send them to table.

Onions Fried.—Peel and cut them in slices; fry in butter or lard, or fat from cooking meat; stir constantly while frying, and let them be of a dark brown color.

Onions with Cream.—Peel six large-sized sound onions, pare the roots without cutting them, and place them in a pan, cover with salted water, and cook for forty-five minutes. Lift them from the pan, and lay them on a dish; cover them with half a pint of cream sauce, mixed with two tablespoonfuls of the broth they were cooked in, and serve. (See page 203.)

Scalloped Onions.—Peel and slice eight large onions, and boil until tender. Put a layer of them in bake dish, season with salt, pepper and bits of butter, then a layer of bread crumbs, then another layer of onions and seasoning, and so on until the dish is nearly full, having bread crumbs on top. Add milk until dish is full, bake twenty minutes.

Stuffed Onions.—Peel six good onions; empty out the centers with a vegetable scoop; parboil them for three minutes, and turn them upside down on a cloth to drain. Fill the insides with chicken or veal forcemeat. Line the bottom of a pan with a piece of lard skin, and one carrot and one onion, both cut up;

lay the onions on top, and add a cup of white broth. Cover with a buttered paper; then put it in the oven to glaze for forty minutes, taking care to baste frequently. Place them in a hot dish strain the gravy over them, and serve. (See Forcemeat, page 217, and Sauces, page 206.)

Minced Onions.—Peel and pare two large-sized onions, cut them in two and mince them into fine slices. Place them in a pan with a tablespoonful of butter, and let them get a good golden brown on stove for ten minutes, stirring them briskly. Place them in a bowl, and use when required.

TOMATOES.

To Peel Tomatoes.—Put the tomatoes in a wire basket and plunge them in hot water for two minutes; then plunge them in cold water for two minutes; take off skins with knife dipped in hot water.

Stuffed Baked Tomatoes.—Choose six nice sound smooth tomatoes, wash and wipe, cut a slice off of the blossom end, and with a spoon take out the pulp; taking great care not to break the rind of tomatoes. Chop fine one small onion, a cupful of veal, or chicken; to this add the tomato pulp, one tablespoonful of butter, salt and pepper. Let all simmer together slowly, stir into it some bread crumbs to thicken. Remove from the stove and let cool; then fill the tomatoes with this dressing, place a bit of butter on top of each and put the slice on. Lay in buttered pan with a cupful of hot water to keep them from burning. Place in oven and bake thirty minutes; when done remove carefully by placing a knife under them, and lay on hot platter. Place a bit of butter on each tomato, and serve.

Baked Tomatoes.—Wash the tomatoes, put them in a baking dish, and bake about three-quarters of an hour, or until the skin is thoroughly shrivelled. Then take them upon a fork, and drain them from the juice in the dish. Peel them in the dish in which they are to be served. After all the skins have been removed, season with salt and pepper. This is considered a healthful method of cooking tomatoes, as it frees them from much of the acid juice.

Tomato Salad.—Select ripe tomatoes, peel at least an hour before using. Slice, and place on ice or in a cool place. Serve plain, or with lemon juice or sugar as preferred.

Scrambled Tomatoes.—Remove the skins, and slice in a saucepan six large tomatoes. Add a little butter, pepper and salt, and cook until they are done. Beat two or three eggs, and just before taking up turn them in the tomatoes and stir one way for two or three minutes, or until eggs are cooked. Serve immediately.

Stewed Tomatoes.—Peel and slice the tomatoes. Put them into a double boiler, without the addition of water, and stew for an hour or longer. When done, serve plain with a little sugar added, or season with salt and a tablespoonful of rather thick sweet cream to each pint of tomatoes. If the tomatoes are thin and very juicy, they may be thickened with a little flour rubbed smooth in a little cold water. They are much better, however, to stew a longer time until the water they contain is sufficiently evaporated to make them of the desired consistency. The stew may also be thickened, if desired, by the addition of bread crumbs, rice or macaroni.

Fried Tomatoes.—Remove the skins, and cut in thick slices six good-sized tomatoes; dip them in beaten egg, then in bread crumbs, fry in hot butter, season with salt and pepper. A fine relish for beefsteak.

Scalloped Tomatoes.—Take a pint of stewed tomatoes, which have been rubbed through a colander, thicken with one and one-fourth cupfuls of lightly picked crumbs of Graham or whole-wheat bread, or a sufficient quantity to make it quite thick; add salt if desired, and half a cupful of sweet cream, mix well and bake for twenty minutes. Or, fill a pudding dish with alternate layers of peeled and sliced tomatoes and bread crumbs, letting the topmost layer be of tomatoes. Cover, and bake in a moderate oven for an hour or longer, according to depth. Uncover, and brown for ten or fifteen minutes.

Broiled Tomatoes.—Select eight good-sized solid fresh tomatoes; pare the under parts, wipe them nicely, and cut in halves. Lay them on a dish; season with salt and pepper, and a tablespoonful of sweet oil; mix well together; keep the tomatoes in good shape, then arrange them in a double broiler. Put them on a moderate fire, and cook for six to seven minutes on each side. Place in a hot dish; pour half a cupful of maitre d'hotel butter (see page 212) over them, and serve.

Roasted Tomatoes.—Plunge in boiling water for a minute eight medium-sized sound tomatoes; drain, and pare them neatly, then cut away the top without detaching them entirely, and remove the seeds with a teaspoon. Put a teaspoonful of good butter into each tomato, seasoning with a little salt and pepper. Close the tops, and lay them in a buttered baking dish, moistening each tomato with a little sweet oil. Put them in a hot oven, and bake from ten to twelve minutes. Place them on a hot dish, and serve.

Stewed Corn and Tomatoes.—Boil dried or fresh corn until perfectly tender, add to each cupful of corn two cupfuls of stewed strained tomatoes, either canned or freshly cooked. Salt to taste, boil together for five or ten minutes, and serve plain or with a little cream added.

Scalloped Tomatoes.—Place in a baking dish a layer of bread crumbs, then a layer of peeled tomatoes sliced, with bits of butter, a little pepper and salt; then bread crumbs, tomatoes, and so on, until the dish is full, having the bread crumbs on top. Place in the oven and bake.

CABBAGE.

FRENCH AND AMERICAN FORMULAS.

Boiled Cabbage.—Carefully clean a nice head of cabbage, divide into halves, and with a sharp knife slice very thin, cutting from the center of the head outward. Put into boiling water, cover closely, and cook rapidly until tender; then turn into a colander and drain, pressing gently with the back of a plate. Return to the kettle, add salt to taste and sufficient sweet cream to moisten well, heat through if at all cooled, dish, and serve at once. If preferred, the cream may be omitted, and the cabbage served with tomato sauce or lemon juice as a dressing.

Cabbage with Cream.—Select a small solid cabbage, cut off the outside leaves, and shave the cabbage fine. Have in spider a cupful of boiling water, put the cabbage in, cover closely, and let it boil twenty minutes, then drain off the water, add a cupful of milk; when it boils, stir in a tablespoonful of flour made smooth in a little milk. Season with salt and pepper, let it come to a boil, and serve hot.

Stewed Cabbage.—Chop nice cabbage quite fine, and put it into boiling water, letting it boil twenty minutes. Turn into a colander and drain thoroughly; return to the kettle, cover with milk, and let it boil till perfectly tender; season with salt and cream to taste. The beaten yolk of an egg, stirred in with the cream, is considered an improvement by some.

Fried Cabbage.—Chop cold boiled cabbage, press out all the moisture, add a cupful of cream to a quart bowlful of cabbage, and season it with salt and pepper; put two tablespoonfuls of butter in a frying pan over the fire, let it get smoking hot, put in the cabbage, and brown it quickly on the under side; as soon as the cabbage is browned, turn it upside down on a hot dish, and serve it.

Cabbage and Tomatoes.—Boil finely chopped cabbage in as little water as possible. When tender, add half the quantity of hot stewed tomatoes, boil together for a few minutes, being careful to avoid burning, season with salt if desired, and serve. If preferred, a little sweet cream may be added just before serving.

Boiled Cabbage.—Wash a medium-sized head of cabbage in plenty of salted cold water, and trim away the woody part of the stalk; have ready over the fire a very large pot containing five or six quarts of salted boiling water; put the cabbage into this boiling water, place the pot over hottest part of the fire, and bring its contents to the boiling point as fast as possible. Leave the pot uncovered, and every two or three minutes press the cabbage under the boiling water with a wooden spoon. Do not let the cabbage stop boiling for one instant; boil it steadily and rapidly for ten minutes, then try one of the thickest stalks with a sharp knife; if it is tender—just tender, without being at all watery—drain the cabbage at once; if it is not quite tender, let it boil a few minutes longer, but only until it is tender, and then drain it; serve it hot at once, with a palatable seasoning of salt, pepper and butter. Or, have ready a pint of white sauce, for which directions are given elsewhere; pour it over the cabbage after it is drained, and serve it hot at once.

A New England Boiled Dinner.—Select a thick piece of corned beef from the round, weighing about six pounds; wash it in cold water, and put it over the fire in a large pot, with sufficient cold water to cover it three or four inches; set the pot where its contents will slowly reach the boiling point, and boil very gently for four hours from the time it is first placed on the fire. After the meat is put to cook, wash four large beets very carefully, without breaking the skin or cutting off the stalks or roots, and put them over the fire to boil in another pot in plenty of actually boiling water. Then peel four large white turnips and one large yellow turnip; cut the latter in four pieces; scrape four carrots and four parsnips; peel a dozen medium-sized potatoes; trim and wash a firm head of white cabbage, cut its stalk out without breaking the leaves apart, and bind it with broad tape to keep it whole while cooking. As fast as the vegetables are prepared lay them in plenty of cold water until they are needed for cooking. If onions are used, they should be boiled in a separate saucepan. Some families like a dish of boiled squash, mashed with pepper, salt and butter, served as a part of a boiled dinner; in the fall and winter, pumpkin is often used like the squash.

When the meat begins to boil, the scum which rises to the surface of the pot liquor should be carefully skimmed off, and a medium-sized red or green pepper put into the pot. As already indicated, the pot must be large enough to hold both meat and vegetables; the vegetables, except the beets and onions, are to be added to the meat in proper succession, allowing sufficient time for each kind to cook. The carrots, parsnips and turnips will cook in about two hours; the cabbage and onions in one hour; the potatoes, squash and pumpkins in about half an hour. The beets will boil from two to four hours, according to their size; they are to be taken up when tender, their skins are to be rubbed off with a wet towel, and then they are to be sliced and covered with vinegar. They are generally served cold; but if they are liked hot, they can be heated at dinner time, with a little salt, pepper and butter.

When the boiled dinner is ready to serve, the meat is placed in the middle of a large platter, and the vegetables, with the exception of those specified for separate serving, are arranged around it. A piece of salt pork is sometimes boiled with the beef.

Sauerkraut.—Trim off the defective and tough outer leaves of white cabbage, wash it thoroughly in cold salted water, and shave it rather fine on a cabbage cutter, rejecting the tough stalks; to each peck of cabbage allow a pint of fine salt; wash the outer green leaves of the cabbage in cold salted water, and use them to line a wooden tub or firkin; put the cabbage into the firkin in layers with the salt, beating the layers of cabbage with a potato masher until all of it is tightly packed down; put a board over the cabbage with a heavy stone on it, and let it stand for at least six weeks, when it will be ready to use.

To prepare the sauerkraut for boiling, soak in plenty of cold water until it is only palatably salty; put the sauerkraut over the fire in boiling water, or in the same pot in which bacon, pickled pork or smoked sausage is boiling, and boil until it is tender; serve the sauerkraut, drain it, put it on a dish, lay the meat on on it, and serve them together. When the sauerkraut is cooked without meat, it is simply served as a vegetable.

Stuffed Cabbage.—After cutting out the root and heart from a good-sized cabbage head, pick off several of the outer leaves and boil the remainder in salted water for ten or twelve minutes; then remove it from the fire, open the leaves carefully, so as not to break them; then season the cabbage with salt and pepper, and fill the insides of the leaves with a nice stuffing or sausage forcemeat. Close them up, and tie the cabbage so that none of the stuffing escapes; then lay it in a pan; add one cut up carrot, one cut up onion, a piece of pork, and a cupful of white broth. Cover with a little fat from the soup stock; lay a buttered paper on top and let cook for one hour in the oven, basting it occasionally with its own juice; untie and serve with a cupful of any sauce.

Baked Cabbage.—Cut the outside leaves from a firm small cabbage; put it on in cold water and boil fifteen minutes; drain this water off and pour over boiling water; let it cook until tender, then drain it, set aside until cold, then chop it fine, add two beaten eggs, three tablespoonfuls of milk, one tablespoonful of butter, salt and pepper; stir all together, put it in baking dish and bake until brown; serve very hot.

CARROTS AND TURNIPS.

Carrots Mashed.—Cook until tender in boiling water and a little salt; drain well, and then add one tablespoonful of butter, salt and pepper. Serve hot. Carrots are also good boiled plain, with salt and melted butter poured over them.

Boiled Carrots.—To boil carrots in their own juice, wash clean and scrape them, cutting out discolored spots; cut them in rather thick slices and throw them into as much boiling salted water as will cover or barely float them, and no more. Boil gently till they are tolerably tender, then boil very quickly to evaporate the water, of which only a spoonful or so should be left in the saucepan. Sprinkle on them a little pepper, put in a small piece of butter rolled in flour, turn and toss them gently till their juice is thickened by them and adheres to them; serve immediately. They are improved by adding a dessertspoonful of minced parsley, with the butter and a little thick cream mixed with a very little flour, to prevent its curdling. Gravy may be used instead of cream.

Stewed Carrots.—Prepare young and tender carrots, drop into boiling water, and cook for fifteen or twenty minutes. Drain, slice, and put into a stewpan with rich milk or cream nearly to cover; simmer gently until tender; season with salt and a little chopped parsley.

Scalloped Turnips.—Prepare and boil whole white turnips until nearly tender; cut into thin slices, lay in an earthen pudding dish, pour over them a white sauce sufficient to cover, made by cooking a tablespoonful of flour in a pint of milk, part cream if preferred, until thickened. Season with salt, sprinkle the top lightly with grated bread crumbs, and bake in a quick oven until a rich brown. Place the baking dish on a clean plate, and serve. Rich milk or cream may be used instead of white sauce, if preferred.

Mashed Turnips.—Pare the turnips, cut them in half, and boil in a pot with either beef, mutton or lamb. When they become tender, press the liquor from them, and mash them with pepper and salt. They may be served in this way, or they may be sent to the table whole, with white sauce.

Stewed Turnips.—Prepare and slice some young fresh white turnips; boil or steam about twenty minutes, drain thoroughly, turn into a saucepan with a cup of new milk for each quart of turnips; simmer gently until tender, season with salt if desired, and serve.

Creamed Turnips.—Pare, but do not cut, young sweet white turnips; boil till tender in a small quantity of water; drain and dry well. Cook a tablespoonful of flour in a pint of rich milk or part cream; arrange the turnips in a baking dish, pour the sauce over them, add salt if desired, sprinkle the top with grated bread crumbs, and brown in a quick oven.

SQUASH AND BEETS.

Stewed Squash with Toasts.—Cut into pieces, and stew until tender in as little water as possible. Put in colander, and let drain thoroughly, return it to the stove; add two tablespoonfuls of butter, salt and pepper to taste. Serve on toast.

Summer Squash.—Peel a squash, cut it in small pieces, and boil it in salted boiling water until it is tender; then drain it, put it into a clean towel and wring out all the water; put it again into a saucepan over the fire, with two heaping tablespoonfuls of butter and a palatable seasoning of salt and pepper; stir it over the fire until it is hot, and then serve it.

Baked Squash.—The hard shell varieties are best for baking. Wash, divide, and lay, shells downward, on the top of the oven, or place in a shallow baking dish with a little boiling water.

Bake until tender, serve in the shell; or scrape out the soft part, mash and serve with two large tablespoonfuls of cream to a pint of squash. If preferred, the skins may be removed before baking, and the squash served the same as sweet potato, for which it makes a good substitute.

Beet Salad.—Chop equal parts of boiled beet and fresh young cabbage. Mix thoroughly, add salt to taste, a few tablespoonfuls of sugar, and cover with diluted lemon juice. Equal quantities of cold boiled beets and cold boiled potatoes, chopped fine, thoroughly mixed, and served with a dressing of lemon juice and whipped cream, make a palatable salad. Care should be taken not to chop the vegetables so fine as to admit of their being eaten without mastication.

Beets Boiled.—Select small-sized smooth roots. They should be carefully washed, but not cut before boiling, as the juice will escape and the sweetness of the vegetable be impaired, leaving it white and hard. Put them into boiling water, and boil until tender; which requires often from one to two hours. Do not probe them, but press them with the finger to ascertain if they are sufficiently done. When satisfied of this, take them up and put them into a pan of cold water, and slip off the outside. Cut them into thin slices, and while hot season with butter, salt, a little pepper and very sharp vinegar.

Baked Beets.—Wash young and tender beets, and place in an earthen baking dish with a very little water; as it evaporates, add more, which must be of boiling temperature. Set into a moderate oven, and according to size of the beets, bake slowly from two to three hours. When tender, remove the skins and dress with lemon juice or cream sauce.

Beets and Potatoes.—Boil new potatoes and young beets separately till tender; then peel and slice. Put them in alternate layers in a vegetable dish, with salt to taste and enough sweet cream nearly to cover. Brown in the oven, and serve at once.

PARSNIPS

Baked Parsnips.—Wash, scrape and divide; drop into boiling water a little more than sufficient to cook them, and boil gently till thoroughly tender. There should remain about one-half pint of the liquor when the parsnips are done. Arrange on an earthen plate or shallow pudding dish, not more than one layer deep; cover with the juice, and bake, basting frequently until the juice is all absorbed and the parsnips delicately browned. Serve at once.

Parsnips with Cream.—Wash and scrape the parsnips, boil until tender, and cut lengthwise; have in frying pan two tablespoonfuls of butter; lay the parsnips in, season with salt and pepper and a little parsley; let it boil up, take up the parsnips, lay them on a hot dish; add to the sauce four tablespoonfuls of milk in which has been stirred one-quarter of a teaspoonful of flour, let this boil up, and pour over the parsnips.

Parsnips with Egg Sauce.—Scrape, wash and slice thinly enough parsnips to make three pints; steam, bake or boil them until very tender. If boiled, turn into a colander and drain well. Have ready an egg sauce, for preparing which heat a pint of rich milk or very thin cream to boiling, stir into it a level tablespoonful of flour rubbed smooth with a little milk. Let this boil a few minutes, stirring constantly until the flour is well cooked and the sauce thickened, then add slowly the well-beaten yolk of one egg, stirring rapidly so that it shall be well mingled with the whole; add salt to taste; let it boil up once, pour over the parsnips, and serve. The sauce should be of the consistency of thick cream.

Mashed Parsnips.—Wash and scrape, dropping at once into cold water to prevent discoloration. Slice thinly and steam, or bake whole, until perfectly tender. When done, mash until free from lumps, removing all hard or stringy portions; add salt to taste and a few spoonfuls of thick cream, and serve.

Fried Parsnips.—Boil them tender; when they are cool slice them lengthwise and fry them with some thin slices of boiled salt pork. Put in the parsnips when the fat is hot, pepper them, brown them on both sides; crisp the pork, and serve with them.

CORN.

Boiled Green Corn.—Remove the husks and every thread of the silk fiber. Place in a kettle, the larger ears at the bottom, with sufficient boiling water nearly to cover. Cover with the clean inner husks, and cook from twenty to thirty minutes, according to the age of the corn; too much cooking hardens it and detracts from its flavor. Try a kernel, and when the milk has thickened, and a raw taste is no longer apparent, it is sufficiently cooked. Green corn is said to be sweeter boiled with the inner husks on. For cooking in this way, strip off all outer husks, and remove the silk, tying the inner husk around the ear with a bit of thread, and boil. Remove from the kettle, place in a heated dish, cover with a napkin and serve at once on the cob. Some recommend scoring or splitting the corn by drawing a sharp knife through each row lengthwise. This is a wise precaution against insufficient mastication.

Fried Corn.—Cut the corn from the cob, and fry in a little butter, stir often, add salt and pepper, and when nicely browned and is done, add a little cream; do not boil after the cream is added.

Green Corn on the Ear.—Select a dozen, more or less, of nice young ears, free them from every particle of silk, and throw them into boiling water with a tablespoonful of salt. If very young, fifteen minutes will cook them. As the corn grows older, it will require more time. Serve hot, with butter, pepper and salt.

Stewed Corn Pulp.—Take six ears of green corn or enough to make a pint of raw pulp; with a sharp knife cut a thin shaving from each row of kernels or score each kernel, and with the back of the knife scrape out the pulp, taking care to leave the hulls on the cob. Heat a cup and a half of rich milk—part cream if it can be afforded—to boiling, add the corn, cook twenty or thirty minutes; season with salt and a teasponful of sugar if desired.

Green Corn Roasted.—Husk a dozen ears of corn, and remove the silk; rub them with butter, season them with pepper and salt; lay them in a dripping pan, and prop it up as close as possible to a clear hot fire; occasionally turn the ears, and change their position in the pan, so that all may cook evenly; when they are browned, serve them hot at once. Or, prepare the corn as directed above, and then brown it in a very hot oven.

Baked Corn.—Select nice fresh ears of tender corn of as nearly equal size as possible. Open the husks and remove all the silk from the corn; replace and tie the husks around the ears with a thread. Put the corn in a hot oven, and bake thirty minutes or until tender. Remove the husks before serving.

Succotash.—Take a pint of fresh-shelled Lima beans, or any large fresh beans, put them in a pot with cold water, rather more than will cover them. Scrape the kernels from twelve ears of young sweet corn; put the cobs in with the beans, boiling from half to three-quarters of an hour. Now take out the cobs and put in the scraped corn; boil again fifteen minutes, then season with salt and pepper to taste, a piece of butter the size of an egg, and half a cup of cream. Serve hot.

PEAS.

Stewed Peas.—If from the garden, pick and shell the peas with clean hands; if from the market, wash the pods before shelling, so that the peas will not require washing, as they are much better without. When shelled, put into a colander and sift out the fine particles and undeveloped blossoms. If not of equal growth, sort the peas and put the older ones to cook ten minutes before the others. Use a porcelain kettle, with one-half pint of boiling water for each quart of peas, if young and tender; older ones, which require longer stewing, need more. Cover closely, and simmer gently till tender. The time required for young peas is from twenty-five to thirty minutes; older ones require from forty to fifty minutes. Serve without draining, season with salt and enough sweet cream to make them as juicy as desired. If preferred, the juice may be thickened with a little flour.

The peas may be purposely stewed in a larger quantity of water, and served in their own juices thickened with a little flour and seasoned with salt.

Sugar Peas.—Wash the pods, string them like string-beans, cut them in pieces about an inch long, and stew them gently with butter, allowing two tablespoonfuls to each quart of peas, and a palatable seasoning of salt and pepper, and enough water to prevent burning. They will cook tender in from twenty to thirty minutes. Serve them in their sauce.

FROM FRENCH AND ITALIAN CHEFS.

Peas a la Francaise.—One quart green peas shelled; one onion; one-half handful parsley; four tablespoonfuls butter; one tablespoonful flour; two teaspoonfuls sugar; one glassful

water; salt and pepper to suit the taste. Melt in a stewpan two tablespoonfuls butter; add the peas, water, and onion (whole), the parsley (tied), some salt and pepper, and cook slowly for about forty minutes. When ready to serve, take out the onion and the parsley, add the balance of butter mixed with one tablespoonful flour, and serve in a warm dish. Use only small peas.

Green Peas a l'Ancienne Mode.—Two quarts of unshelled, young, tender green peas; shell them carefully, and keep them wrapped up in a wet napkin until needed. Clean, drain, and tie up small lettuce-head; put it in a saucepan with the peas; season with salt; cover with a glassful of water, and add six tablespoonfuls very good butter. After cooking for fifteen minutes, remove the lettuce, and when ready to serve, thicken the peas with two spoonfuls of cream, diluted with one egg yolk, adding half a pinch of white pepper, and a spoonful of powdered sugar. Let all thicken together for five minutes, and serve immediately in a pan.

Green Peas a l'Anglaise.—Two quarts of green peas; put them in a pan and cover them with boiling water. Add a handful of salt, and boil quickly, without covering, for fifteen minutes. Skim the water clean as the scum rises. When done, strain them through a colander, return them to the pan, and stir them well, adding two tablespoonfuls fresh butter. Dish them in a vegetable dish, place a little more butter in the middle, and serve.

Green Peas with Bacon.—Two quarts shelled green peas; two onions; one handful parsley; two pounds bacon; two tablespoonfuls flour; two glassfuls water; salt and pepper to suit the taste. Cut the bacon in dices and brown a while in a saucepan. Sprinkle over the flour; then add the water, the peas, onions (whole), the parsley tied, and cook for about fifty minutes. When ready to serve, take out the onion and the parsley and serve.

Green Peas a la Bourgeoise.—One and one-half quarts of green peas, shelled; one tablespoonful of flour; one tablespoonful of butter; one-half raw lettuce heart; one raw egg, yolk; two tablespoonfuls cream; one coffee-cup of cold water; salt and pepper to suit the taste. First put the butter in pan, stir in the flour, and allow to cook on back of stove for five minutes or so (stirring constantly); mix in the peas quickly, and add the cold water, lettuce heart, salt and pepper; allow to cook for about twenty minutes until the juice has nearly all evaporated. Beat the yolk of egg well, add it to the peas; add in the cream. Stir all constantly for three or four minutes on top of stove without allowing same to boil—just to heat through thoroughly, and serve.

If you do not desire to cook as large a quantity you can use one-half of the proportions given. Use only small tender peas.

Green Peas with Cream.—Put two tablespoonfuls of butter in a pan with one tablespoonful of flour kneaded well together. Dissolve it; then add two quarts peas, a bouquet of herbs, salt and pepper to suit the taste. Cook in their own juice for twenty minutes, then take the pan from off the fire. Pour the gravy from the peas into another vessel, add to it half a cupful of cream and a teaspoonful of powdered sugar; pour this sauce over the peas, and heat up once again without boiling, for two minutes, before serving.

BEANS.

Stewed Beans.—Soak a quart of white beans in water over night. In the morning drain, turn hot water over them an inch deep or more, cover, and place on the range where they will only just simmer, adding boiling water if needed. When nearly tender, add salt to taste, a tablespoonful of sugar if desired, and half a cup of good sweet cream. Cook slowly an hour or more longer, but let them be full of juice when taken up, never cooked down dry and mealy.

Pork and Beans.—Pick over a quart of small white beans; put them to soak over night. Set them to boil the next morning, throwing off the water just before they reach boiling-point. Cover with cold water again, put in a square pound of nice sweet salt pork, and let both boil together till the beans are tender. When the beans are done, the water should have all become absorbed; they are then put in one pan to brown, and the pork in another, scoring the latter first, through the skin. Before serving set the pork in the center of the beans. Serve with pickles and horseradish.

String Beans.—Wash a quart of very young, tender string-beans, cut them diagonally in small strips, throw them into salted boiling water, and boil them fast for ten minutes, or until they are tender; then drain them, and throw them into cold water; melt over the fire two heaping tablespoonfuls of butter, and squeeze the juice of a lemon; when the beans are cold, drain them, put them into the hot butter, and heat them quickly; season them palatably with salt and pepper, add the lemon-juice, and serve them at once. Omit the lemon-juice if the flavor is not desired.

Lima Beans.—Put a quart of shelled lima beans over the fire, in sufficient boiling water to cover them, with a tablespoonful of salt, and boil them for about twenty minutes, or until they are tender; then drain them; add to them enough milk to cover them, a tablespoonful of butter, and a palatable seasoning of salt and white pepper; heat them quickly, and serve them hot.

Lima beans may be simply boiled until tender in salted boiling water, then drained, and seasoned with salt, pepper and butter, and served at once.

Cold lima beans can be fried in butter, with a palatable seasoning of salt and pepper; or mashed and made into little cakes, with an egg and salt and pepper, and then browned in butter.

Scalloped Beans.—Soak a pint of white beans over night in cold water. When ready to cook, put into an earthen baking dish, cover well with new milk, and bake in a slow oven for eight or nine hours, refilling the dish with milk as it boils away, and taking care that the beans do not at any time get dry enough to brown over the top till they are tender. When nearly done, add salt to taste, and a half cup of cream. They may be allowed to bake till the milk is quite absorbed and the beans dry, or may be served when rich with juice, according to taste. The beans may be parboiled in water for a half-hour before beginning to bake, and the length of time thereby lessened. They should be well drained before adding the milk, however.

To Blanch String Beans.—Select nice fresh string beans. Break off the tops and bottoms; carefully string both sides; wash them well in cold water, lifting them up and down, and then drain off the water. Then place them in a vessel and cover with boiling salt water (a light solution), and cook for twenty-five minutes. Drain off the water and return them to fresh cold water, and allow them to cool in same. Lift out and wipe dry, and they are ready to use for salads or other cooking purposes.

String Beans, with Cream.—Take a quart of blanched beans; put in a saucepan with a tablespoonful of butter and cook on the stove for five minutes, stirring them well. Season with salt and pepper, and add a quarter of a bunch of chives and one sprig of parsley tied together. Pour in a glassful of fresh cream or milk, diluted with one egg yoke. Heat well, without boiling, for five minutes. Then serve. Sugar may be added with advantage, if desired.

String Beans a la Francaise.—One quart blanched string beans; one cupful white broth; two tablespoonfuls butter; two teaspoonfuls flour; one small onion cut in dice-shaped pieces.

Put the pieces of onion in a pan with the butter; place on stove; and allow same to get a nice golden-brown color. Then add the flour, stir well, and then add the white broth. Stir continually until it comes to a boil. Season with salt and pepper to suit the taste; add the beans, and allow to cook for about ten minutes. Serve in a hot dish; sprinkle a little chopped parsley on top. (See Meat Sauces for white broth.)

String Beans a la Italienne.—Take a quart of fresh beans, clean and string them, cut them in half, and cook in water with a little salt and butter until done. Then drain off the water; put in a saucepan with two tablespoonfuls of butter (you can use less), a teaspoonful of chopped parsley and the same of chopped chives, and cook for five minutes. Thicken the gravy with four tablespoonfuls of cream and the yolk of an egg well beaten and the juice of half a lemon; mix well together for a few minutes and serve.

ASPARAGUS.

Asparagus.—If fresh asparagus is used, wash it, and scrape the stalks, and, as far as they are tender, cut them into inch pieces; boil them until tender in salted boiling water; then drain them, and throw them into cold water; if canned asparagus is used, simply drain it, and pour boiling water over it: about ten minutes before dinner-time drain the asparagus from the boiling water, put it into a saucepan with sufficient sweet cream to cover it, season it palatably with salt and white pepper, heat it, and serve it at once on delicate slices of toast. Or, heat the asparagus with salt, pepper and butter, after it is boiled.

Asparagus with Egg Sauce.—Prepare and cook asparagus as directed above. When tender, drain thoroughly, and serve on a hot dish or on slices of nicely browned toast, with an egg sauce prepared in the following manner: Heat a half cup of rich milk to boiling, add salt, and turn into it very slowly the well-beaten yolk of an egg, stirring constantly at the same time. Let the whole just thicken, and remove from the fire at once.

Asparagus and Toast.—Cut off the white, removing most of that which is hard. Scrape the hard ends a little. Put them in cold water for a short time, then tie them up in small bundles. When the water boils, put them in with a little salt. Boil until tender. Toast a slice of bread brown on both sides. Take the asparagus up and dip the toast in the water the asparagus was boiled in. Lay the asparagus on the toast; pour melted butter over it; garnish with slices of orange.

Asparagus with Cream Sauce.—Thoroughly wash, tie in small bunches, and put into boiling water; boil till perfectly tender. Drain thoroughly, untie the bunches, place the stalks all the same way upon a hot plate, with a dressing prepared as follows: Let a pint of sweet cream (about six hours old is best) come to the boiling-point, and stir into it salt to taste, and a level tablespoonful of flour rubbed smooth with a little cold cream. Boil till the flour is perfectly cooked, and then pass through a fine-wire strainer.

Asparagus and Peas.—Asparagus and green peas make a nice dish served together, and if of proportionate age, require the same length of time to cook. Wash the asparagus, shell and look over the peas, put together into boiling water, cook, and serve as directed for stewed asparagus.

Asparagus with Dutch Sauce.—After washing asparagus, scrape off the woody portion of the stalks, or cut it off entirely, and tie the asparagus in small bunches; put it over the fire in salted boiling water, and boil it until it is tender; then drain it and serve it on a napkin, or on toast, sending a dish of white or Dutch sauce, or melted butter, to the table with it. The toast served under asparagus is designed to absorb the water from it. To make Dutch or *Hollandaise sauce*, put over the fire a tablespoonful each of butter and flour, and stir them until they bubble, then gradually stir in a pint of boiling water; when the sauce boils, season it palatably with salt and white pepper, and draw the saucepan to the side of the fire where the sauce cannot boil; then stir in three tablespoonfuls of oil, drop by drop, or two tablespoonfuls of butter, one tablespoonful of vinegar or lemon juice, and finally the yolks of two raw eggs; serve as soon as the eggs are added, because it will be apt to curdle if it stands until the eggs are cooked.

Boiled asparagus, served either hot or cold, with *mayonnaise*, is delicious.

CAULIFLOWER.

Cauliflower.—Trim off the leaves of a firm head of cauliflower, and wash it thoroughly in plenty of cold water in which a handful of salt has been dissolved: if any insects are visible between the branches of the cauliflower, let it soak in the salted water, with the flowerets down, for an hour; the salt will kill the insects, and they will fall down into the water. About three-quarters of an hour before dinner-time put two tablespoonfuls of butter, a level teaspoonful of salt, and a quarter of a saltspoonful of white pepper into a perfectly clean saucepan large enough to hold the cauliflower; take it from the water, and put it at once into the saucepan without draining it; cover it closely, set it over a gentle fire, and let it simmer and steam until tender, which will be in about half an hour. Then, without breaking it, take it up on a hot dish; let the butter and water in which it was cooked boil very fast for a minute, and then pour it over the cauliflower, and serve it. If a thick sauce is liked, mix a teaspoonful of flour or corn-starch, dissolved in half a cupful of cold water, with the butter and water, boil it for two minutes, stirring it constantly, and then serve it with the cauliflower.

Cauliflower, after it is carefully washed, may be boiled until tender, and then drained, and served with white sauce; or, when the heads are small and defective, either boiled and served in branches, instead of entire, or mashed through a colander, and heated with salt, pepper, and butter.

Boiled Cauliflower.—Prepare, divide into neat branches, and tie securely in a net. Put into boiling milk and water, equal quantities, and cook until the main stalks are tender. Boil rapidly the first five minutes, afterward more moderately, to prevent the flower from becoming done before the stalks. Serve on a hot dish with cream sauce or diluted lemon juice.

Browned Cauliflower.—Beat together two eggs, a little salt, four tablespoonfuls of sweet cream, and a small quantity of grated bread crumbs well moistened with a little milk, till of the consistency of batter. Steam the cauliflower until tender, separate it into small bunches, dip each top in the mixture, and place in nice order in a pudding dish; put in the oven and brown.

Fried Cauliflower.—Boil the cauliflowers till about half done. Mix two tablespoonfuls of flour with two yolks of eggs, then add water enough to make a rather thin paste; add salt to taste; the two whites are beaten till stiff, and then mixed with the yolks, flour, and water. Dip each branch of the cauliflowers into the mixture, and fry them in hot fat. When done, take them off with a skimmer, turn into a colander, dust salt all over, and serve warm. Asparagus, celery, egg-plant, oyster-plant, are all fine when fried in this manner.

Cauliflower with Egg Sauce.—Steam the cauliflower until tender, separate into small portions, dish, and serve with an egg sauce prepared as directed for parsnips on page 345.

Cauliflower with Tomato Sauce.—Boil or steam the cauliflower until tender. In another dish prepare a sauce with a pint of strained stewed tomatoes heated to boiling, thickened with a tablespoonful of flour rubbed smooth in a little water, and salted to taste. When the cauliflower is tender, dish, and pour over it the hot tomato sauce. If preferred, a tablespoonful of thick sweet cream may be added to the sauce before using.

It is a very good plan to loosen the leaves of a head of cauliflower, and let lie, the top downward, in a pan of cold salt water, to remove any insects that might be hidden between them.

EGG PLANT.

Egg Plant.—In preparing egg plant keep in water until ready to cook, as the air will turn it black.

Baked Egg Plant.—Cut a medium-sized egg plant in halves, score it deeply on both sides, and rub plenty of salt and pepper into the cuts; put it into a pan with a heaping tablespoonful of butter spread over it, and bake it until it is tender; serve it with the gravy it yields poured over it.

Or, after cutting the egg plant, scoop out most of the interior, mince it fine, add an equal quantity of bread-crumbs to it, season it highly with salt, pepper, and butter, and put the mixture again into the rind, heaping each half; set the halves of the egg plant in an earthen dish which can be sent to the table, and bake it until it is tender, then serve it hot.

Egg Plant with Dressing.—Cut the egg plant in two; take out all the inside and put it in a pan with a cupful of chopped chicken, veal, or any meat you wish (ham is also nice), cover with water, and boil until tender; drain, add one tablespoonful of butter, a small onion chopped fine, salt and pepper, and about two tablespoonfuls of bread-crumbs; mix well together and fill each half of the hull, put a little butter on each, and bake fifteen or twenty minutes.

Egg Plant Fried in Butter.—Peel and slice the egg plant, let it lie in salt for an hour, and then roll the slices in dry flour seasoned with salt and pepper; put a large pan over the fire with enough butter to cover the bottom to the depth of half an inch thick when melted; when the butter is smoking hot, put in the egg-plant, fry it brown on both sides, and serve it hot.

Broiled Egg Plant.—Peel and slice a medium-sized egg plant; place the slices in a dish; season them with salt and pepper; pour over them a tablespoonful of sweet oil; mix well together; then arrange the slices on the broiler, and broil them for five minutes on each side. Remove them from the fire, place them in a hot dish, spread four ounces of maître d'hôtel butter over them, and serve.

Stuffed Egg Plant.—Peel and slice a nice egg plant; see that the peel remains intact on one side. Make four incisions inside of each piece, and fry them for one minute in very hot fat; take out the fleshy part of the egg-plant with a scoop, and fill it with any forcemeat at hand. Sprinkle the top with bread-crumbs and a little clarified butter· brown well in the oven for ten minutes, and serve.

MUSHROOMS.

AMERICAN AND FRENCH FORMULAS.

Stewed Mushrooms.—Select the buttons of uniform size. Wipe them clean with a wet flannel; put them in a stewpan with a little water, and let them stew very gently for a quarter of an hour. Add salt to taste, work in a little flour and butter, to make the liquor about as thick as cream, and let it boil for five minutes. When you are ready to dish it up, stir in two tablespoonfuls of cream or the yolk of an egg; stir it over the fire for a minute, but do not let it boil, and serve. Stewed button mushrooms are very nice, either in fish stews or ragouts, or served apart to eat with fish. Another way of doing them is to stew them in milk and water (after they are rubbed white), add to them a little veal gravy, mace, and salt, and thicken the gravy with cream or the yolks of eggs.

Fresh Mushrooms Baked.—Carefully cleanse the mushrooms as directed in the recipe for broiled mushrooms; cut as many slices of bread as there are mushroom caps, trimming off the crusts, and having each slice about two inches square; lay them in a baking-pan; spread each slice of bread with butter, put on each one a little pepper and salt; on each slice of bread put one or more mushroom caps, enough to cover the bread; put the pan in a hot oven for five minutes, then season the mushrooms with salt and pepper; put a piece of butter as large as a hazel-nut on the mushrooms contained on each slice of bread; return the pan to the oven, and finish baking the mushrooms, which are to be served on the bread as soon as they are tender.

Fresh mushrooms may be breaded and fried.

Mushrooms Broiled on Toast.—Pare and wash well, and dry thoroughly one pound of fine large mushrooms. Lay them on a dish, season with a pinch of salt, half a pinch of pepper, and a tablespoonful of sweet oil. Roll them in well; then put them on to broil for four minutes on each side; arrange them on a hot dish with six slices of toast; pour a gill of maître d'hôtel butter over the mushrooms, and serve.

Mushroom Brown Sauce.—For a can of mushrooms, put into a saucepan a heaping tablespoonful each of butter and flour; stir them together over the fire until they begin to brown, then gradually stir in the liquor from the can, adding water if any is needed to make the sauce of the proper consistency; add the mushrooms, season the sauce palatably with salt, pepper, and very little grated nutmeg; when the mushrooms are hot, stir in a wineglassful of sherry or Madeira, and serve the mushrooms as a vegetable.

Toast may be served under them to increase the size of the dish; or the sauce and the mushrooms may be poured on a dish with broiled beefsteak or broiled chicken, or with a baked or roasted tenderloin of beef.

Mushroom Stems Stewed.—Use the stems of the mushrooms when the caps have been already cooked; cut them in rather small pieces; put them over the fire with a heaping tablespoonful of butter to a pint of stems, together with a palatable seasoning of salt and pepper, and stew them gently until they are tender.

Mushrooms with Cream.—One pound of mushrooms; one yolk; one dessertspoonful of starch; one-half cupful of cream or milk; two teaspoonfuls of chopped parsley; time, fifteen minutes.

Preparation.—Pour mushrooms in a saucepan, add one ounce of butter, and boil twelve minutes. Place the saucepan on a corner of the range, and add the yolk mixed in a bowl with the corn-starch, and the cream and some chopped parsley, and serve. You can use the canned mushrooms.

CELERY.

FRENCH AND AMERICAN FORMULAS.

Celery a la Moelle de Bœuf.—Select four heads of nice celery, cut off the green leaves, pare neatly, wash thoroughly, drain, and tie each head near the end where the green part has been cut away. Blanch them in salted boiling water for ten minutes; then remove, drain, and put them in a pan with a cup of Madeira sauce. Cook for fifteen minutes. Arrange the heads on a hot dish; remove the strings, and add to the sauce in the pan ten slices of marrow one-third of an inch thick. Cook for one minute or so, being careful not to break the pieces of marrow; pour the sauce over the celery, and serve.

Celery a la Creme.—Nine nice stalks Kalamazoo celery; corn-starch, four teaspoonfuls; milk, one cupful; butter, two tablespoonfuls. Use the upper half of the celery instead of the lower part. Wash and cut in pieces two inches long. Cook in boiling water until tender (fifteen to twenty minutes) and drip. Pour the celery in a saucepan with the butter; add the cold milk or cream, in which you have mixed the corn-starch. Boil a little while longer, and serve in a hollow dish as a side-dish.

Celery with Tomato Sauce.—Prepare the celery as in the preceding recipe, and cook until tender in a small quantity of boiling water. Drain in a colander, and for three cups of stewed celery prepare a sauce with a pint of strained stewed tomato, heated to boiling and thickened with a tablespoonful of flour rubbed smooth in a little cold water. If desired, add a half cup of thin cream. Turn over the celery, and serve hot.

Celery and Potato Hash.—To three cups of cold boiled or baked potato, chopped rather fine, add one cup of cooked celery, minced. Put into a shallow saucepan with cream enough to moisten well, and salt to season. Heat to boiling, tossing and stirring so that the whole will be heated throughout, and serve hot.

Stewed Celery.—Cut the white part of fine heads of celery into small pieces, blanch in boiling water, turn into a colander, and drain. Heat a cup and a half of milk to boiling in a stewpan; add the celery, and stew gently until tender. Remove the celery with a skimmer, and stir into the milk the beaten yolks of two eggs and one-half cup of cream. Cook until thickened; pour over the celery, and serve.

VEGETABLE OYSTER OR SALSIFY.

Salsify or Vegetable Oyster.—After scraping off the outside, parboil and slice the salsify; dip the slices into a beaten egg, then into fine bread-crumbs, and fry in lard. It is very good boiled, and then stewed a few minutes in milk, with a little salt and butter. Or make a batter of wheat flour, milk, and eggs; cut the salsify in thin slices (first boiling it tender), put them into the batter with a little salt, and drop mixture into hot fat by spoonful. Cook them until they are a light brown.

Oyster Plant with Cream.—Scrape a bunch of tender oyster-plant, putting the roots, as they are scraped, in cold water to which a little vinegar has been added; cut the oyster plant in pieces, put it over the fire in salted boiling water, and boil it for about twenty minutes, or until it is tender; then drain it; add a tablespoonful of butter, cream enough to cover it, and a palatable seasoning of salt and white pepper. Serve it as soon as the cream is hot. The cream may be omitted if desired.

After oyster-plant has been boiled, it can be mashed through a colander, with a palatable seasoning of salt, pepper, and butter, and heated and served; or mashed and made into little cakes, and browned in butter; or scalloped, with the addition of bread-crumbs and seasoning, and browned in a hot oven.

Fried Salsify.—Stew the salsify as usual till very tender; then with the back of a spoon or a potato-jammer mash it very fine. Beat up an egg; add a teacupful of milk, a little flour, butter, and seasoning of pepper and salt. Make into little cakes, and fry a light brown in boiling lard, first rolling in beaten egg and then flour.

ARTICHOKES.

FROM FRENCH FORMULAS.

Artichokes Boiled.—Wash in plenty of cold salted water; let them remain in the water for some time if they are not fresh; boil them in enough salted boiling water to cover them until the leaves are tender, or until a leaf can be pulled out easily; then drain the artichokes, trim off the tops of the leaves, partly cut the artichokes through the centre, and remove the choke with a teaspoon; work quickly, lest the artichokes become cold, and if they do, heat them in boiling water before serving them. Serve the artichokes with white sauce, or Hollandaise sauce, or with butter, salt, and pepper. They can also be served with a plain salad dressing, or *maitre d'hotel* butter.

Fried Artichokes.—Prepare the artichokes as described above; cut each artichoke into six pieces; remove the choke with a spoon; pare the tips of the remaining leaves, and lay the pieces in a bowl with some sweet-oil, salt, and pepper, a third of a pinch of nutmeg, and a tablespoonful of vinegar. Stir all well together. Make a frying batter, dip in the artichokes, and mix well. Fry some fat in a pan; lay the pieces in carefully, stir well, and don't allow pieces to touch one another, and allow to fry for twelve or fifteen minutes, or until of nice golden color; then take out and serve.

Artichokes Sautes.—Prepare some nice artichokes as described; cut them into quarters, and remove the choke entirely. Trim the leaves neatly, and parboil them for five minutes in salted water. Remove and drain them thoroughly. Lay them in a pan, season with salt and pepper, and add some good butter. Cover the pan with the lid, and set to cook in a moderate oven for twenty-five minutes. Take it out, place the artichokes in a deep dish, and serve with any desired sauce.

CUCUMBERS.

Stuffed Cucumbers.—Peel four large cucumbers, pare them carefully and shapely; cut off the lower ends, and with a vegetable-spoon empty them. After extracting all the seeds, place them in a slight solution of salt water; rinse them well, and parboil them in boiling water for three minutes. Remove them, and put in cold water to cool. Drain them, and fill the insides with a cooked chicken forcemeat (see page 217). Line a pan with thin slices of pork; add the cucumbers, and season with salt and pepper; add a bouquet of herbs, a glassful of white wine, two cloves, and a spoonful of dripping from any kind of roast. Cover with a piece of buttered paper, and place it in a slow oven to cook gently for twenty minutes. When done, transfer them to a hot dish; skim off the fat, pour one cup Madeira sauce over them, take out the bouquet of herbs, and serve.

Fried Cucumbers.—Pare them, and cut lengthwise in very thick slices; wipe them dry with a cloth; sprinkle with salt and pepper, dredge with flour, and fry in lard and butter, a tablespoonful of each, mixed. Brown both sides, and serve warm.

Stewed Cucumbers for Garnishing.—Peel and slice two large cucumbers; sprinkle them with salt, pepper; add one tablespoonful of vinegar; add one small sliced onion; let stand for one hour, drain off the liquid, put all in a pan with a large cupful of Universal sauce (see Sauces, page 208); cook for twenty minutes; strain through fine sieve or cheese-cloth, and use for garnishing purposes.

Cucumbers with Cream.—Four large cucumbers; one cupful of cream, six tablespoonfuls of butter, one good teaspoonful of sugar; salt to suit the taste. Pare the cucumbers; cut them in four endwise, take the seeds out, and cut them in pieces about two and one half inches in length. Melt the butter in a stew pan, and when warm add the cucumbers. Cook on good fire for ten minutes. Add the cream, a little salt and sugar, boil awhile and serve as a side-dish.

It is best to let cucumbers lie in salt water for two or three hours before preparing.

GREENS.

Sea Kale.—The stalk of sea-kale, when cooked, is somewhat like asparagus; the growing plant has thick stalks and large leaves, like pie-plant, which take on a purplish-green color when exposed to sun and air. Like celery and pie-plant, sea kale must be blanched while growing, or the taste will be bitter; and it must be kept in a dark place after it is cut. The kale grows in roots with stalks attached, like celery. To prepare it for cooking, the roots and large leaves must be trimmed off, the plants thoroughly washed in cold salted water, and then tied up like asparagus. The young shoots are the best, but the stalks or midribs of the leaves are good if they are white and crisp. When the stalks are tied up, put them into salted boiling water, and boil them until they are tender, which will be in about twenty minutes, if the kale is good; then drain them, and dress them with salt, pepper, butter and a little lemon-juice, and serve them hot; or serve the kale on toast like asparagus. Any sauce suitable for asparagus will be excellent for sea-kale.

Dandelions.—These are relished by many, as well as spinach cooked in the same way. Take the young leaves before the plant blossoms or while in the bud, wash quite clean, boil tender in salted water, drain well and press them dry. They can be served plain with melted butter, or can be chopped and heated afresh with pepper, salt, and a little butter rolled in flour, and a spoonful or two of gravy or cream. A large quantity should be boiled, as they shrink very much. The dandelion is considered very healthy, and the slight bitterness is relished by most persons.

Spring Greens.—Young beet and turnip tops make nice greens in the early spring. Pick, and wash them carefully from dust and insects, and boil with them a small piece of salt pork, bacon, ham or corned beef. Drain free from water, and serve with vinegar. They may be boiled plain, and served with gravy sauce.

Radishes.—Wash thoroughly young and tender radishes, and arrange in a glass dish with the taper ends meeting. Scatter bits of cracked ice among them. An inch of the stem, if left on, serves as a convenience in handling.

Lettuce.—Wash well, put into cold water, and set on ice or on the cellar bottom for an hour or more before using. Dry the leaves with a soft towel, and use whole or tear into convenient pieces with a silver fork; never cut with a knife. Serve with a dressing prepared of equal quantities of lemon-juice and sugar, diluted with a little ice water. It is also very nice if dressed with slices of hard-boiled egg, a little vinegar, sweet-oil, mayonnaise dressing, and a little sugar.

How to Prepare Spinach.—Trim off the roots and tough stalks of half a peck of spinach, wash it in plenty of cold salted water until it is quite free from sand, put it over the fire in salted boiling water enough to cover it, and boil it fast for three minutes or longer, until it is just tender: do not allow it to become soft and watery; drain the spinach, throw it into a large pan of cold water until it is cool, then chop it very fine, or rub it through a colander with a potato-masher; put it again over the fire to heat, with a palatable seasoning of butter, salt, and pepper; while the spinach is being heated, poach half a dozen eggs soft, and when it is dished lay them upon it and serve the dish hot.

The spinach may be served without the eggs. Boiled spinach is good dressed with white sauce or gravy, or fried with butter, either with or without the addition of a very little grated onion.

Spinach Blanched.—Select one-half peck of fresh, sound spinach; cut off the stalks, pare neatly, wash in plenty of water, lifting it out with the hands until free from sand. Place it in boiling salted water, and boil it ten to twelve minutes. Remove, and drain it thoroughly; place it in cold water again, and let it cool. Lift and drain, pressing it well; lay it on a board, and mince it very fine.

Spinach a la Francaise.—Blanch and prepare about one-half peck of spinach described as in Spinach, Blanched; after it is chopped fine put in a pan with a tablespoonful or more of butter, and a little grated nutmeg; stir with a spoon, and allow it to cook for about five minutes, adding a tablespoonful of butter kneaded with one tablespoonful each of flour and sugar, and a teacupful of milk; stir frequently, and allow to cook for ten minutes more; then serve, garnishing with pieces of fried bread and slices of hard-boiled egg.

Spinach a la Maitre d'Hotel.—Blanch the spinach as described, and chopping it very fine, put it dry into a saucepan. Let it simmer on a moderate fire, seasoning with salt and pepper, and a little of grated nutmeg. When warm, add one tablespoonful of butter; stir well, and let it heat for twelve to fifteen minutes. Lay it on a hot dish, and decorate it with six pieces of fried bread, and serve.

Spinach prepared by these formulas is much better than by the ordinary American method, and those who prefer it may have slices of hard-boiled egg added; this makes a very nice garnish, and makes the spinach more appetizing.

HOMINY AND OKRAS.

Boiled Hominy.—Wash four cupfuls of hominy in cold water: drain off the water; put it in a pan, covering over with four coffee-cups of water; place pan on stove; season to suit the taste; boil for nearly one-half hour, and serve.

Stewed Hominy.—Wash a cupful of hominy, put it over the fire in two quarts of cold water, and slowly heat and boil it gently for about four hours, or until it is quite soft; then drain it, and place it where the water will evaporate, while a cream gravy is being made as follows: Put over the fire two tablespoonfuls of butter, and partly melt them; when the butter is quite soft, gradually stir with it half a pint of cream or an equal quantity of milk; if the cream is used, add it to the hominy as soon as it is hot, if milk is used, take it off the fire when it is hot, stir with it yolks of two raw eggs, and mix it with the hominy; serve as soon as the milk or cream is added, as it curdles easily.

Fried Hominy.—Take cold-boiled hominy and cut into slices; dip each slice into beaten egg; roll in bread crumbs; fry in very hot butter or lard until a good golden brown, and serve.

Okra.—This grows in the shape of pods, and is of a gelatinous character, much used for soup, and is also pickled; it may be boiled as follows: Put the young and tender pods of long white okra in salted boiling water in granite, porcelain, or a tin-lined saucepan—as contact with iron will discolor it; boil fifteen minutes; remove the stems, and serve with butter, pepper, salt, and vinegar if preferred.

Okras Sautes a la Francaise.—Boil one dozen okras as above; place in a separate pan one tablespoonful of good butter, one-half of a finely chopped green pepper, and one-half of a finely chopped onion. Place pan over the fire and allow to remain until they are of a good golden brown; add a raw tomato, cut in fine pieces; salt and pepper to suit the taste; two tablespoonfuls of Universal sauce (see Meat Sauces, page 208); then add the boiled okras, cover the vessel, and allow to cook slowly for about fifteen to eighteen minutes, and serve.

MACARONI AND SPAGHETTI.

FROM FRENCH AND ITALIAN CHEFS.

Baked Macaroni.—Use Italian macaroni. Soak it in water for about two hours; then boil it in milk until tender. Place the macaroni in a dish in layers, putting on each layer salt, cayenne pepper, pieces of butter, and grated cheese, finishing with the cheese. Then put in the oven, and bake to a nice brown.

Macaroni a la Italienne.—Use Italian macaroni. Macaroni, three quarters of a pound; butter, three tablespoonfuls; one-quarter pound grated Parmesan cheese. Preparation: Cook the macaroni in some salted water (cover well with water) till quite soft; let it drip; drain off the water, and replace the macaroni in the same kettle in which it had been cooked; add the butter, the cheese, some salt and pepper; allow the butter and the cheese to melt while stirring, but don't place the kettle over fire again. By doing so, the butter and the cheese remain half melted, and the macaroni is very palatable. It generally takes from fifteen to eighteen minutes to cook.

Macaroni a la Napolitaine.—Boil the macaroni in salt and water as described; drain, place it in a pan, and add a cupful of Universal sauce, cupful of tomato sauce, a quarter of a pound of grated cheese, six mushrooms, one tablespoonful of cooked, smoked beef tongue, all cut up in dice-shaped pieces. Cook together over a good fire for ten minutes, stirring them well meanwhile, and serve.

Macaroni a la Creme.—Boil one pound macaroni for forty-five minutes in salted water, adding about one tablespoonful of butter and an onion stuck with two cloves. Drain off water, and put it back into a saucepan with nine tablespoonfuls of butter, one teacup of grated Swiss cheese, the same quantity of grated Parmesan cheese, a small pinch of nutmeg, and good pinch of pepper. Add a cupful of white broth and four tablespoonfuls of cream. Cook all together for five minutes, stirring well, and when the macaroni becomes ropy, dish it up, and serve.

Spaghetti a la Napolitaine.—Boil the spaghetti (about one pound) in the same manner as described for macaroni; then drain off the salted water and add a good coffeecupful of Universal sauce, and the same of tomato sauce; cut up in small pieces a piece of smoked beef tongue, seven mushrooms (one or two truffles, if handy), and add same; season with salt and pepper, and a teacupful of grated Parmesan cheese. Cook all for about ten or twelve minutes, stirring well, and serve.

N. B.—See Fish and Meat Sauces for the sauces mentioned, pages 199–212. The teacup should hold about six ounces of cheese.

GRAINS OR CEREAL FOOD.

Grains or cereals belong to the grass family. They are largely used for food, both in the unground state and in various manufactured forms. They are considered the most nutritious of foods, and are easily digested when properly cooked. They contain more or less of the nitrogenous elements, such as albumen, caseine, gluten, and fibrine. They also contain starch, sugar, dextrine, and fatty substances; also cellulose and mineral elements. Scientists claim they are three times more nutritious than meats or poultry, and should enter into our daily bill of fare, as they, more than any other food, meet the proper requirements of the human system.

There are no foods when properly prepared more easy to digest or more palatable; and physicians recognize this fact by prescribing them for the sick and convalescent. But when cereal food is not properly prepared and cooked it is liable to be injurious to the stomach. The excessive use of sugar in the serving or cooking of cereal food is very wrong and should be discontinued, as the starch and glucose matter in the grains, and of which they contain a large proportion, should be converted into sugar by our digestive organs before assimilation; and by adding sugar it only overtaxes the digestive organs, and hence the distress arising at times from eating cereal food with sugar, or if not properly cooked, as the starch will remain undigested in the stomach and cause great distress, as the gastric juices digest only the nitrogenous matter. A good precaution would be in eating grain foods to eat some hard food with same, such as toasts, wafers, zwieback, etc.; this would require a certain amount of mastication to break them up properly, and would mix them well with the saliva, which would aid in their proper digestion.

The Proper Cooking of Grains or Cereal Food.—All cereal food, with the exception of the various meals and rice, should be cooked from three to five hours over moderate fire and with an even degree of heat. This will cook them properly, and change their starch into dextrine, and makes them easy of digestion. A double boiler or steam cooker is the best to use for the cooking of grains. Or a good substitute for a double boiler is a small vessel containing the grains set in a larger vessel containing the boiling water; and put these on stove to cook as described.

In cooking grains soft water should be used, and if salt is added it should be added in the water before stirring in the grain or meal.

As different grains require different time and different quantities of liquid, the table given below will be a good rule to follow to cook them to the proper consistency. If an ordinary vessel is used they require more liquid. In adding milk in the cooking of such cereal food as rice, hominy, and farina, use about two-thirds water and one-third milk, or an equal proportion of each:

	QUANTITY OF GRAIN.	QUANTITY OF LIQUID.	HOURS TO COOK.
Whole Wheat........	1 part	5 parts	6 to 7
Pearl "	1 "	4 "	4 to 4½
Rolled "	1 "	3 "	3 to 3½
Cracked "	1 "	4 "	3 to 3½
Rolled Oats..........	1 "	3 "	3 to 3½
Graham Grits	1 "	4 "	3½ to 4
Oatmeal.............	1 "	4 "	4 to 5
* Hominy............	1 "	5 "	6 to 7
Rolled Rye..........	1 "	3 "	3 to 3½
Pearl Barley	1 "	5 "	4 to 4½

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* Fine Hominy takes from 1 to 2 hours less time.

This time refers to cereals in their natural state, and not to the "steam-cooked grains" now on the market.

Always have the water boiling when the grains are added. Add the grains in slowly so as not to reduce the temperature of the water, and let it boil rapidly until the grains cease to sink to the bottom of vessel and they become thick. If grains are cooked in a double boiler or steamer, the first cooking, until they are thickened, should be in the inner dish directly over the fire, and then they should be placed in the outer boiler containing the boiling water, and this should be kept boiling until the grains are done. See that the outer boiler is kept filled with boiling water.

In cooking grains in a single vessel they require continuous stirring until they become thickened or "set," but do not stir afterward. In a steam cooker or double boiler the stirring will not be necessary. If you desire the mush thick and dry, leave the vessel uncovered during the last part of the cooking. If you prefer it moist, keep vessel covered.

In the cooking of mush with flour or meal it is best to make them into a batter, with a portion of the necessary quantity of liquid given in the Table, before adding it to the water. This prevents it from cooking into lumps; but it must be added slowly, and stirred constantly, so as not to reduce the temperature.

Fresh berries, raisins, or currants can be added to the different cooked grains mentioned, but they must not be cooked with them or they will be insipid. Steam the currants or raisins previously, and then mix just before serving the cereal food.

The fresh berries mix with a little cream before stirring into the grains, and serve hot.

To Cook Farina.—Take one quart of milk (or one-half milk and one-half soft water). Boil same in a vessel, and when boiling add six tablespoonfuls of farina, which has been previously moistened with some milk; let boil until it thickens, then place vessel in the steam cooker, or in vessel of boiling water, and boil continuously for about one hour or so, and serve hot or cold with cream or the juices of fruit. Fresh fruits or berries can be served with farina by pouring the farina, just after it is cooked, over the finely sliced apples, peaches, banan as, or any fruit preferred, or over the berries mixed with cream.

Graham Mush.—Mix one pint of good Graham flour with a pint of warm water, or enough to make a batter thin enough to pour. Pour this batter into a quart of water boiling in the inner cup of a double boiler. Add the batter sufficiently slow, so as not to stop the boiling of the water. When thickened, put into the outer boiler, and cook for one hour. You can use milk instead of water. If desiring to use fruits or berries with the mush, add over the fruits as described in "Farina."

Oatmeal Mush and Fruit.—Cook the oatmeal as described in cooking grains (page 372). When it is done, just before serving, stir in gently some sliced fruits, such as apples, peaches, bananas, or berries if preferred. Try to keep the sliced fruits or berries as whole as possible. Plain oatmeal or oatmeal and fruit should be eaten with toasted bread, wafers, or other hard food.

Oatmeal Blanc Mange.—Mix equal parts of well-cooked oatmeal and milk, part cream if preferred. Beat well together and strain through a fine wire sieve. Turn the liquid into a saucepan, and boil for a few minutes, until it is thick enough to drop from the point of a spoon; then turn into cups previously wet in cold water, and mold. Serve with a dressing of fruit juice or whipped cream slightly sweetened and flavored with lemon.

Oatmeal Porridge.—Add one coffee-cup of oatmeal into three pints of boiling water; boiling in the inner dish of a double boiler; add the oatmeal gradually. Boil rapidly, stirring meanwhile until the grain is set; then place in the outer boiler, and cook continuously for three hours or longer. A half cup of cream added just before serving is a desirable addition.

Barley.—The cooking of barley is the same as for oatmeal. It should be cooked slowly in a steam-cooker or double boiler. The time generally used is from four to four and a half hours, unless it has been previously soaked or steamed, as prepared by manufacturers.

Baked Barley.—Soak one cupful of barley in cold water over night. In the morning turn off the water, and put the barley in an earthen pudding-dish, and pour over two quarts of boiling water; add salt if desired, and bake in a moderately quick oven about two and one-half hours, or till perfectly soft, and all the water is absorbed. When about half done, add six tablespoonfuls of sugar mixed with grated lemon peel. It may be eaten warm, but is very nice molded in cups and served cold with cream.

Pearl Barley with Raisins.—Wash a coffeecupful of pearl barley. Cook in a steamer in two quarts of boiling water for four hours. Just before serving, add a cupful of raisins which have been prepared by pouring boiling water over them and allowing them to stand until swollen. Serve hot with cream.

Rice.—Rice requires much less time to cook than other cereal foods, and not as much water; for if boiled in too much water it loses some of the nitrogenous elements, of which it contains but very little, and therefore it should be eaten with foods that contain a good percentage of the nutritious elements, such as beans, peas, milk, etc.

To Cook or Steam Rice.—It first should be thoroughly cleaned by putting in a colander, and then in a deep vessel of fresh water. Rub the rice well with the hands, lifting the colander in and out of the water. Do this until water is clean. Then place the rice in a double boiler or steamer, with equal proportions of milk or water, and steam or allow to boil until each grain is separate and distinct and perfectly tender. In cooking you can use equal parts of milk and water if preferred, or you can use one and a half pints of liquid to a pint of rice.

Rice and Oranges.—Prepare the rice according to directions given; steam same. Prepare some oranges by separating into sections and cutting each section in halves, removing the seeds with a fork and all the white portion. Sprinkle the oranges with sugar, and let them stand while the rice is cooking. Serve a portion of the orange on each dish of rice.

Rice with Raisins.—Prepare a cupful of rice as directed for Steamed Rice. After the rice has begun to swell, but before it has softened, stir into it lightly, using a fork for the purpose, a cupful of raisins or currants. Serve with cream.

Rice with Fruits.—Steam the rice as directed, and when done serve with cream and fruits, pared and sliced on each individual dish.

Boiled Rice (Japanese method).—Thoroughly cleanse the rice by washing in several waters, and soak it over night. In the morning drain it, and put to cook in an equal quantity of boiling water, that is, a pint of water for a pint of rice. For cooking, a stewpan with tightly fitting cover should be used. Heat the water to boiling, then add the rice, and, after stirring, put on the cover, which is not again to be removed during the boiling. At first, as the water boils, steam will puff out freely from under the cover; but when the water has nearly evaporated, which will be in eight to ten minutes, according to the age and quality of the rice, only a faint suggestion of steam will be observed, and the stewpan must then be removed from over the fire to some place on the range, where it will not burn, to swell and dry for fifteen or twenty minutes.

Rice a la Italienne.—Wash well a cupful of rice; place it in a pan with two cups of cold water and a pinch of salt; put on the cover, and boil for twenty-five minutes. Pour through a colander, being careful to let it drain thoroughly without crushing the rice, otherwise it will be spoiled. When well dried, return it to the pan, put the lid on, and leave it on the corner of the stove to dry gradually for five or six minutes. It will then be ready to serve with cream and sugar.

Hominy.—Use from three and a half to four parts of liquid to one part of hominy, and cook in steamer or double boiler from four to four and a half hours, unless previously prepared—then it takes much shorter time. It should be cooked slowly. You can use milk or milk and water in equal proportion in the cooking of same.

Cornmeal Mush.—Mix together two cups of cornmeal, one tablespoonful of flour, and two cups of cold milk. Turn this slowly, stirring well meanwhile, into one quart of boiling water, which should not cease to boil during the introduction of the batter. Cook three or four hours. If milk is not obtainable, water alone may be used, in which case two tablespoonfuls of flour will be needed. Cook in a double boiler.

Fruits can be added, such as steamed raisins, finely chopped figs, or berries if preferred.

Fried Mush.—Cut the cold mush into slices, brush each slice with a little butter, and fry until it is a nice brown on both sides. Serve with syrup.

MEASURES AND WEIGHTS.

(LIQUIDS.)

Sixty drops make one small teaspoonful.

Two teaspoonfuls equal one dessertspoonful.

Four teaspoonfuls or two dessertspoonfuls equal one tablespoonful.

Four tablespoonfuls equal one wineglassful.

Two wineglasses equal one gill.

Two gills equal one coffee-cup.

Two coffee-cups equal one pint liquid or one pound of dry material.

Four gills make one pint.

Two pints make one quart.

Four quarts make one gallon.

Two ordinary tumblerfuls make one pint liquid.

One coffee-cup equals one-half pint liquid or one-half pound dry material, viz., sugar, salt, meal, fruits, meats.

One heaping tablespoonful of sugar or salt weighs one ounce.

One heaping tablespoonful of butter weighs one ounce.

Two round tablespoonfuls of flour weigh one ounce.

Four cupfuls of sifted flour weigh one pound.

Two cupfuls of meal weigh one pound.

One pint or two coffeecupfuls of oatmeal, cracked wheat, or coarse grains weigh one pound.

Two coffee-cups of meat (or a pint measure) packed solid weigh one pound.

One pint of liquid weighs one pound.

Five heaping tablespoonfuls of flour equal one cupful.

Seven heaping tablespoonfuls of sugar or salt equal one cupful.

One coffeecupful of butter packed solid is one-half pound.

N. B.—I find that one tablespoonful of salt is equal to one heaping tablespoonful of sugar.

BREAD.

The first two bread recipes have stood the test of several years' trial in the schools of cookery, and received the highest prize. Two methods are given, with personal preference for the compressed-yeast bread, because it is the quickest, and best preserves the nutriment of the flour.

To make yeast, boil two ounces of hops in two quarts of water for half an hour; strain the liquid, and cool it until it is only lukewarm; then add half a pound of brown sugar, two teaspoonfuls of salt, and one pound of flour; let this leaven ferment four days in a warm place, stirring it whenever it foams over the top of the jar in which it is placed; on the third day add to it three pounds of potatoes boiled and mashed; on the fourth day strain and bottle it, and keep it in a cool place.

Home-made Bread.—Put seven pounds of flour in a deep wooden bowl; in the centre of it put a tablespoonful of salt, a teaspoonful of sugar, a gill of yeast, and sufficient lukewarm water to make a soft dough (about three pints); mix these ingredients with the hands until they form a smooth, shining dough; if necessary, use a little extra flour, only enough to facilitate the working of the dough; flour the bowl on the bottom and sides, so that the bread will not stick to it, cover it with a thick towel folded several times, set it in a warm place protected from draughts, and let it rise over night. In the morning knead the bread fifteen minutes, divide it into four loaves, put them into floured baking-pans, cover them with a folded towel, and set them in a warm place to rise twice their height; when they are so risen, prick them at the sides with a fork, and bake them in a moderate oven until a knitting or trussing needle can be run into them without being made sticky. Be sure that they are well done, but do not let them burn.

Compressed Yeast Bread.—When it is possible to obtain fresh compressed yeast, also called German yeast, an excellent bread can be made in about two hours and a half; the rapidity of the leavening or "raising" the dough is advantageous, because less of the nutritive elements of the flour are lost than by following the long process. For two loaves of bread, use three pounds of flour, about a quart of water, two teaspoonfuls of salt, and an ounce of fresh compressed yeast; dissolve the yeast in a pint of lukewarm water; stir into it sufficient flour to make a thick batter; cover the bowl containing the batter or sponge with a folded towel, and set it in a warm place to rise; if properly covered and heated, it will rise to a light foam in half an hour; then stir into it the salt dissolved in a little warm water, add the rest of the flour, and sufficient lukewarm water to make a dough stiff enough to knead; knead it five minutes, divide it into two loaves, put them in floured baking-pans, cover them with a folded towel, and set them in a warm place to rise twice their height; then bake them as directed in the preceding recipe.

In raising the sponge, be sure that the heat is not sufficient to "scald" or harden it, as that will prevent fermentation; therefore do not place it where the hand cannot be held with comfort; keep it covered from draughts. If when it is light it has become at all soured, as it sometimes will in summer, stir into it, before adding the balance of the flour, a saltspoonful of baking-soda dissolved in a very little water.

The dough made for home-made bread can be baked as raised biscuit by kneading in with it a little sugar and melted butter.

To test the heat of the oven, follow the method of Jules

Gouffé, the celebrated *chef* of the Paris Jockey Club: the "moderate oven" temperature is that degree of heat which will turn ordinary writing-paper dark yellow or buff, that is, the color of kindling-wood; put a sheet of paper in the oven, and close the door; if the paper blazes, the oven is too hot; arrange the dampers to lower the heat for ten minutes, then again test it with more paper; it may be necessary to try the temperature several times, but the time thus used is well spent.

For Baking.—Make a sponge the night before (unless the weather is too warm). Use a pint of boiling water to scald part of the flour; then add warm milk, or milk and water, enough for the baking. One teacupful of yeast is enough for three or four small-sized loaves. Stir in flour enough to make a stiff batter, and beat well. If the weather is warm, the milk can be scalded in the morning, when the sponge is made into dough. Knead well, but not too stiff. When it is kneaded long enough, it will not stick to the hands or the tray. When it has risen up light, knead it down without adding more flour. It will shortly come up again. Make it into moderate-sized loaves. When they are light, wet the loaves with cold water, and bake. Bake them through. Good bread that is so slack-baked that you can make dough of it by pressing the fingers upon it, is not fit to be eaten by any one who has not a digestive apparatus like an ostrich. When bread is baked enough, it will spring back, like a sponge, when pressed down by the fingers.

German Loaf.—In making yeast bread, take a loaf, after it has been kneaded and become light, lay it on kneading-board, and roll it about one inch thick; then lay it in a flat, shallow baking-pan, and with your finger make about a dozen indentures, filling each one with butter; then sprinkle the top with sugar, and then with cinnamon; let the loaf get very light, and bake in hot oven.

New England Salt-raising Bread.—Scald an earthen quart milk pitcher, then fill it one-third full of water about as warm as the fingers can bear it; to this add a teaspoonful of salt, a pinch of brown sugar, and coarse flour enough to make a batter about the same as for griddle-cakes. Set the pitcher, with the spoon in it, in a closed vessel half-filled with water, moderately hot, but not scalding. Keep the temperature as nearly even as possible, and add a teaspoonful of flour once or twice during the process of fermentation. The yeast ought to reach to the top of the bowl in about five hours. Sift your flour into a pan, make an opening in the center, and pour in your yeast. Have ready a pitcher of warm milk, salted, or milk and water (not too hot, or you will scald the yeast germs), and stir rapidly into a pulpy mass with a spoon. Cover this sponge closely, and keep warm for an hour, then knead into loaves, adding flour to make the proper consistency. Place in warm, well-greased pans, cover closely, and leave till it is light. Bake in a steady oven, and when done let all the hot steam escape. Wrap closely in damp towels, and keep in closed earthen jars until it is wanted.

Rye Bread.—Set the sponge at night as usual for wheat bread. In the morning, when ready to have the flour added, stir in a teacupful of molasses, and add as much rye flour as was used of wheat flour the night before in setting the sponge. The quantity of molasses here given is that usual for four loaves; but more or less can be used according to the taste.

Rye Bread.—Prepare a sponge overnight with white flour as for water bread. In the morning, when light, add another tablespoonful of sugar, and rye flour to knead. Proceed as directed for the water bread, taking care to use only enough rye flour to make the dough just stiff enough to mold. Use white flour for dusting the kneading-board, as the rye flour is sticky.

Graham Bread.—Measure one teacupful of flour into the pan the bread is to rise in, and on that pour one quart of boiling water, and let it cool till you can bear your finger in it; then add a dessertspoonful of salt, one teaspoonful of brown sugar, a piece of lard as large as a walnut, two tablespoonfuls of good yeast, and as much more flour as you can stir in. Put it in a warm place to rise all night. In the morning, grease well a cast-iron baking-pan (sheet-iron burns too readily), pour the risen dough into it, and smooth it nicely on the top. After rising half an hour, bake just one hour.

Indian Corn-meal Bake.—Mix one pint of milk, one-half teacupful of powdered white sugar, one tablespoonful of butter, one-half saltspoonful of salt. Put this in a covered pan, set on the stove until it is scalding hot, take it from the fire and stir into it as much sifted yellow Indian meal to make it as thick as boiled mush. Stir hard for twenty minutes, and set away to cool. In the mean time beat two eggs very light, and when the mixture is about milk-warm stir the eggs in gradually; also add one-half cup of yeast; then beat hard for fifteen minutes. Much depends upon this being well beaten. Have a deep pan well buttered; pour the mixture in, cover, and set to rise in a warm place. It will take two or three hours to rise. When light, bake in moderate oven. This should always be served very hot.

New England Corn Bread.—Sift together one cupful of Indian meal, half a cupful of flour, half a teaspoonful of salt, and three teaspoonfuls of baking-powder; mix with these ingredients half a cupful each of butter and flour beaten to a cream, four eggs beaten for two minutes, and one pint of milk. Put the bread into an iron pan well buttered, and bake it for about twenty minutes, or until it is nicely browned; then serve it hot at once.

West Point Corn-bread.—Three-fourths of a pint of sifted Indian meal, three eggs (whites and yolks beaten separately), one teaspoonful of lard, one pint of milk, a little salt; add whites of eggs the last thing. The pans should be greased. Bake quickly.

Indian Bread.—Four cupfuls of meal (sifted), two cupfuls of wheat flour, two teaspoonfuls of saleratus, two teaspoonfuls of salt, three-quarters of a cupful of molasses; stir together, mixed with sour milk until it is a little stiffer than griddle-cake batter. Pour into a greased pail, close tight, and set in a kettle of cold water; cover the kettle, and boil it three hours. The above quantity should be put into a four-quart pail.

Egg Corn Bread.—Chop a quarter of a pound of butter with one quart of Indian meal; add a heaping teaspoonful of salt and the yolks of four eggs, and stir in gradually a quart of cold milk; beat the mixture until it forms a smooth batter; butter the pan in which the bread is to be baked; beat the whites of four eggs to a stiff froth, stir them into the batter lightly and quickly, put it into the buttered pan, and bake the bread in a moderate oven for half an hour, or until a broom-straw run into the thickest part of the loaf can be withdrawn clean. The bread can be used either hot or cold. The same batter can be baked in smaller buttered pans, or in buttered earthen cups.

Corn Cake without Eggs.—One pint of sweet milk, two tablespoonfuls of melted butter, one handful of flour, and meal sufficient to make a batter, two teaspoonfuls of salt, two teaspoonfuls of cream of tartar, one teaspoonful of soda, two teaspoonfuls of sugar.

New Orleans Corn Cake.—One pint of sweet milk, one-half pint of sour milk, one-half pint of sour cream, nearly two teaspoonfuls of soda in milk, one quart of meal, two eggs, two teaspoonfuls of salt; stir in meal by the handful. Three eggs. Bake in two pans.

New England Brown Bread.—Sift together two cupfuls each of rye and Indian meal; add a teaspoonful of salt, two-thirds of a cupful each of molasses and boiled squash, and two teaspoonfuls of soda dissolved in a very little cold water; last of all, mix in enough sour milk to make a batter thin enough to pour. Put the batter into a buttered tin pan or mold, and steam it for three hours. Then bake it for two hours longer.

Date Bread.—Take a pint of light white bread sponge prepared with milk; add two tablespoonfuls of sugar, and Graham flour to make a very stiff batter. Add last a cupful of stoned dates. Turn into a bread-pan. Let it rise, and bake.

Brown Bread.—One quart of sour milk, four cupfuls of meal, one cupful of flour, one tablespoonful of soda, one tablespoonful of salt, one-half cupful of molasses. Put the soda and molasses into the milk, and stir until it foams up. Add the meal and flour. Steam three hours; then bake long enough to brown nicely.

Vienna Bread.—Into a pint of milk sterilized by scalding turn a cup and a half of boiling water. When lukewarm, add one-half cup of warm water, in which has been dissolved a cake of compressed yeast and a quart of white flour. Beat the batter thus made very thoroughly, and allow it to rise for one hour; then add white flour until the dough is of a consistency to knead. Knead well, and allow it to rise again for about three hours, or until very light. Shape into four loaves, handling lightly. Let it rise again in the pans, and bake. During the baking, wash the tops of the loaves with a sponge dipped in milk, to glaze them.

Potato Bread with Whole-wheat Flour.—Take a half gill of liquid yeast made as for Boiled Potato Yeast, and add milk, sterilized and cooled to lukewarm, to make a pint. Add one cup of well-mashed, mealy potato and one cup of white flour, or enough to make a rather thick batter. Beat thoroughly, cover, and set to rise. When well risen, add sufficient whole-wheat flour to knead. The quantity will vary somewhat with the brand of flour used, but about four and one-fourth cupfuls will in general be needed. Knead well, let it rise in mass and again in the loaf, and bake.

Hominy Bread.—Boil till soft one pint of fine hominy.

When cool, add one tablespoonful of butter, three tablespoonfuls corn-meal, two eggs well beaten, and one pint of milk. Melt a tablespoonful of lard in the spider. Pour in the batter while the lard is hot. One-half hour cooks the bread. If preferred, butter a baking-dish, pour in the batter, and bake one-half hour.

Oatmeal Bread.—Mix a quart of well-cooked oatmeal mush with a pint of water, beating it perfectly smooth; add a cupful of liquid yeast and flour to make a stiff batter. Cover, and let it rise. When light, add sufficient flour to mold. Knead as soft as possible, for twenty or thirty minutes. Shape into four or more loaves, let it rise again, and bake.

Fruit Loaf.—Take one pint of sterilized milk, dissolve in it one-quarter of a cake of compressed yeast, stir one pint of wheat flour in it, and set to rise; when light, add one and one-half cupfuls of Graham flour and one and three-quarter cupfuls of wheat flour, mix well, and knead for thirty minutes; if necessary add more wheat flour. When you are through kneading add a cup of raisins, first having washed, dried, and sprinkled flour over them; let the whole rise in a mass, then shape into loaves, let rise again and bake.

French Bread.—One-quarter cup of yeast, one egg, two table spoons of melted butter, one-half pint sweet milk, one-half teaspoon of salt, one quart flour; stir all this together very thoroughly, and set to rise; when is light make into a loaf, let rise again and bake. Just before placing in oven cut gashes across the top.

French Rolls may be made by taking small pieces of dough and making into oval rolls very tapering at each end, laying them on buttered bread tins far enough apart so they will not touch each other; let them get light, and bake in quick oven.

Crescents are made by taking the dough when it is light, placing on kneading board, and rolling thin, one-eighth of an inch is about right. Cut in five-inch squares; cut the squares in two, making two three-cornered pieces. Brush them over with melted butter, and roll up, beginning with the wide end. Place them in buttered tin in semicircular shape, let them rise and bake.

Prof. H. I. Blits' Imperial Baking Powder.—Mix one pound of (chemically pure) cream of tartar and two ounces of best corn starch; sieve through a fine sieve twice. Then add to this one-half pound of best English baking soda and sieve all seven times. Put in an air-tight can and keep in a dry place. Be sure and use only Powers & Weightman's cream of tartar and the English baking soda. The American and other brands are not as good and will only spoil your powder and make your biscuits and cakes heavy and give them a yellow color. Use the same proportion of this powder for baking as when using the Royal or Price's. Never dip in powder with wet spoon. Be sure and not use too much shortening in baking biscuits; one large heaping tablespoonful of butter or lard is sufficient to one quart of flour; mix dough as little as possible, leaving it just soft enough so it can be conveniently handled. You can use four ounces of corn starch if you wish to cheapen it.

BISCUIT, ROLLS, MUFFINS, AND PANCAKES.

Graham Biscuit.—Mix together as for bread one quart of Graham meal, two spoonfuls of molasses, one teaspoonful of lard, two spoonfuls of wheat flour, half a cup of yeast, and salt. Let it stand all night to rise, and in the morning put it in muffin rings; let them stand half an hour, and then bake.

Raised Biscuit.—Sift in mixing pan two quarts of flour; make a hole in it and pour into it one pint of warm water, one teaspoon of salt, one-half cupful of melted butter; stir in a little flour, then add half a cupful of yeast, then stir in flour, and let it rise over night. In the morning add an even teaspoonful of soda, and flour enough so it can be kneaded; then mold twenty minutes, and set to rise again; when light, roll out and cut with a biscuit cutter; set in a warm place to rise; when light, bake a light brown. Rub a little melted butter on the sides of the biscuit when you put them in the tin, so they will not stick together.

Buns.—One coffeecupful of sugar, two-thirds of a coffeecupful of butter, the same of yeast, two eggs, one coffeecupful of milk. Rub in the butter just before putting in the baking tins, with one teaspoonful of soda and flour enough to roll.

Milk Biscuits.—Boil and mash two white potatoes; add two teaspoonfuls of brown sugar; pour boiling water over these, enough to soften them. When tepid, add one small teacupful of yeast; when light, warm three ounces of butter in one pint of milk, a little salt, a third of a teaspoonful of soda, and flour enough to make stiff sponge; when risen, work it on the board; put it back in the tray to rise again; when risen, roll into cakes, and let them stand half an hour. Bake in a quick oven. These biscuits are fine.

Maryland Buns.—One-half cup of milk, one-half cup of yeast or half a cake of compressed yeast, enough flour to make a thick batter; let this set over night; in the morning add one-half cupful of sugar, four tablespoons of melted butter, one-half a salt-spoon of salt, one-quarter teaspoon of soda, and a little grated nutmeg, and flour enough so you can roll them out; knead, and set to rise for three or four hours; then lay the dough on mixing board, and roll one-half an inch thick; cut out with biscuit cutter, and lay in buttered baking tins; let them stand until light; bake a light brown, and brush over with the white of an egg beaten still, and sprinkle with sugar.

New England Rusks.—One-half pound sugar, two cups of raised dough, half a cup of butter, two well-beaten eggs, flour enough to make a stiff dough; set to rise, and when light, mold into high biscuit, and let rise again; rub damp sugar and cinnamon over the top and place in the oven. Bake about twenty minutes.

Breakfast Rolls.—Sift a pint and a half of Graham flour into a bowl, and into it stir a cupful of very cold thin cream or unskimmed milk. Pour the liquid into the flour slowly, a few spoonfuls at a time, mixing each spoonful to a dough with the flour as fast as poured in. When all the liquid has been added, gather the fragments of dough together, knead thoroughly for ten minutes or longer, until perfectly smooth and elastic. The quantity of flour will vary somewhat with the quality, but in general the quantity given will be quite sufficient for mixing the dough and dusting the board. When well kneaded, divide into two portions; roll each over and over with the hands, until a long roll about one inch in diameter is formed; cut this into two-inch lengths, prick with a fork and place on perforated tins, far enough apart so that one will not touch another when baking. Each roll should be as smooth and perfect as possible, and with no dry flour adhering. Bake at once, or let stand on ice for twenty minutes. The rolls should not be allowed to stand after forming, unless on ice. From thirty to forty minutes will be required for baking. When done, spread on the table to cool, but do not pile one on top of another.

Graham Rolls.—One quart of Graham flour, one small teacupful of yeast, one-half cupful of sugar, four tablespoonfuls of melted butter, two eggs, water sufficient to make a thick batter. Let it rise over night, and bake in cups, thirty to forty-five minutes.

Fruit Roll.—Take some bread dough, prepared as for Milk Bread, which has been sufficiently kneaded and is ready to mold, and roll to about one inch in thickness. Spread over it some dates which have been washed, dried, and stoned, raisins, currants, or chopped figs. Roll it up tightly into a loaf. Let it rise until very light, and bake.

Parker-House Rolls.—One quart of flour, butter of half the size of an egg, one-half tablespoonful of white sugar, a little salt; mix this at night with two-thirds of a pint of milk and one-half teacupful of yeast. In the morning knead for fifteen minutes. Let it rise until 2 P.M. Then roll out, cut round, put a small piece of butter into each one, fold over, and pull them; let them rise till time to bake. Bake for half an hour before you wish to use them. They must be mixed twenty-four hours before baking.

English Breakfast Muffins.—One quart of milk, two tablespoonfuls of butter, one small teaspoonful of salt, six tablespoonfuls of yeast. Thicken it with flour to the consistency of buckwheat batter. In the morning the batter must not be stirred, but poured into the rings, and baked in a moderate oven.

Muffins.—One tablespoonful of butter, one tablespoonful of sugar, one egg, and one teaspoonful of salt; beat all together well; add a cup of milk, three cupfuls of flour sifted, three teaspoonfuls of baking-powder. Drop in patty pans and bake in a quick oven.

Graham Gems.—One pint of sour milk, one-half pint of cream or three tablespoonfuls of melted butter, one egg, one teaspoonful of soda, a little salt, one-quarter or one-half cupful of sugar as preferred, and one quart of Graham flour. Bake in gem-pans. They must be quite hot and well buttered before putting in the gems.

Fruit Puffs.—Make a good puff paste; roll very thin, and cut in strips five inches long and three inches wide; place on each piece a tablespoonful of any kind of fresh or canned berries; fold the long sides together. First wet with white of an egg, and press together well so the fruit cannot get out. When all are ready, fry them in hot lard until they are a nice brown. Skim them out, and while hot sprinkle with powdered sugar.

Whole-wheat Puffs.—Put the yolk of an egg into a basin. and heat the white in a separate dish to a stiff froth. Add to the yolk one-half a cupful of rather thin sweet cream and one cupful of skim milk. Beat the egg, cream, and milk together until perfectly mingled and foamy with air-bubbles; then add, gradually, beating well at the same time, one pint of wheat flour. Continue the beating vigorously and without interruption for eight or ten minutes; then stir in lightly the white of the egg. Do not beat again after the white of the egg is added, but turn at once into heated, shallow irons, and bake for an hour in a moderately quick oven. If properly made and carefully baked, these puffs will be of a fine, even texture throughout, and as light as bread raised by fermentation.

WAFFLES.

Raised Waffles.—Take a quart of flour and stir in sweet milk, a little at a time, to make a thick batter. Add a teaspoonful of salt, a tablespoonful of melted butter, and yeast, and when light add two well-beaten eggs. Have the waffle iron hot, and buttered; fill about half full of the batter, and brown on both sides. Serve immediately.

Corn Waffles.—Put in an earthen bowl a cupful and a half of corn-meal, a teaspoonful of salt, a dessertspoonful each of lard and butter, and pour in a pint of boiling milk; beat this mixture smooth, let it cool until lukewarm, then add two eggs well beaten, and bake the waffles at once in a hot buttered iron.

Boston Waffles.—Boil in milk one-quarter of a pound of rice until well cooked. Remove from the fire and stir in gradually one pint of sifted flour, three beaten eggs, a spoonful of yeast, one-half cupful of butter, a little salt, and half a teacupful of warm water. Set the butter in a warm place, and when light bake in the usual way.

Plain Fritters.—The whites of five eggs, one cup of sweet milk, two cups of sifted flour, one-quarter of a nutmeg and a pinch of salt. Stir the whites of the eggs into the milk in turn with the flour. The batter should be quite thick. You may have to add a little more flour. Fry in hot lard. Drop the batter in with a tablespoon, and fry a delicate brown.

Peach Fritters.—Beat two eggs; add half a cupful of milk, a little salt, and flour enough to make a thick batter. Peel the peaches, cut them in two, take the stones out, and sprinkle powdered sugar over them. Dip them in the batter, and fry in hot lard.

Apple Fritters.—Beat the whites and yolks of two eggs separately. Add together the yolks, one tablespoonful of sugar, and a cupful of sweet milk. Have the milk warm; then stir in two cupfuls of flour, a heaping teaspoonful of baking-powder, a little salt, and the whites of the eggs. Beat all together. Put in thin slices of good sour apple. Dip the batter over them, and drop large spoonfuls into hot lard and fry to a light brown. This batter can be used for bananas, oranges, pineapple, and and other fruits.

Strawberry Shortcake.—Make the crust same as baking-powder biscuit, only use more shortening. Divide the dough in four parts, roll out two pieces and put in pie tins. Spread them with butter; now roll the other two out and place them on top of the two in the tins. Place in oven, and when done separate them by cutting through where they were buttered. Spread each piece with butter, and put plenty of berries and sugar on. The top crust can be sprinkled with powdered sugar. Blackberries, raspberries, huckleberries or any soft fruit is very nice made into a shortcake.

Orange Filling for Shortcake.—Peel and chop fine three oranges and one-half a lemon. Remove all seeds. Add one and a half cupfuls of sugar. Spread between the layers same as any shortcake.

Oyster Pancakes.—Mix together equal measures of oyster liquor and milk. To a pint of this mixture put a pint of wheat flour, a few oysters, two eggs, and a little salt. Fry till nicely browned.

Clam Pancakes.—Make a thick batter of flour and milk. Put to each pint of milk two eggs and a few clams. The clams may be put in whole after being first stewed; or they may be only taken out of the shell and chopped fine.

Pancakes.—Take one pint of milk, three eggs, two ounces of butter, one-fourth of a teaspoonful of soda, half a teaspoonful of cream of tartar, two ounces of sugar, three-fourths of a pound of flour. (These pancakes can be made with half a pound of rice flour and quarter of a pound of wheat flour, mixed, instead of all wheat flour; or with quarter of a pound of Indian meal and half a pound of wheat flour; but the Indian meal should be boiled in one pint of water and one pint of milk some time before, and then cooled before mixing with the rest of the ingredients.) Heat the stone griddle before baking the cakes, and only bake when ready to send to table, and then send only a few at a time, that they may be hot. If the batter is poured part at a time into a sauce jug, and then poured from it on the stone griddle, the cakes will have a better shape. Make them of the size of the top of a tumbler. The griddle may be greased with a piece of pork.

Graham Griddle Cakes.—Three coffeecupfuls of Graham flour, one quart of tepid water, one teaspoonful of salt, one tablespoonful of sugar, one-half teacupful of yeast. Set it to rise overnight. In the morning take out a cupful of this to raise with, for the next day. Add water until the batter will run from the spoon, and one-half teaspoonful of soda, and bake on a hot griddle. If any of the batter is left, it can be made into gems for tea by adding more water, salt, flour, a piece of butter of the size of a walnut, and sugar to taste. Just before baking, add an egg and a little more soda. The batter must be stiffer than for griddle-cakes.

Boston Griddle Cakes.—One tablespoon melted butter, one tablespoon sugar, one-half cupful of milk, three eggs, one cup flour; stir all together until smooth. Butter the griddle and put a large spoonful of the batter on. Let it fry a nice brown, spread jelly over it, roll it up like rolled jelly-cake, sprinkle with powdered sugar, and serve very hot.

FROM THE FRENCH.

French Pancakes.—Sift one coffeecup of wheat flour into a bowl. Break in three whole eggs. Add two tablespoonfuls of powdered sugar, and mix well, adding one cup of cold milk, pouring it in very gradually, and mixing for five minutes. Butter lightly a griddle or frying-pan; place it on the stove, and when it is hot, drop on to it some of this batter, and bake two minutes; turn over, and bake the other side as long. Turn the pancake on a hot dessert-dish, and sprinkle over plenty of powdered sugar. Proceed the same with the remaining batter until finished.

German Pancakes.—Make the same batter as for French pancakes; butter an iron pan, large enough to hold this batter. Place this on a hot stove, and pour all the batter into it, letting it cook for three minutes. Remove to a hot oven for six or seven minutes. Take it out, slide the cake carefully on a hot dessert-dish, and send it to the table with pieces of lemon.

Buckwheat Cakes.—To one teaspoon of compressed yeast add one-half cup of lukewarm water, and let it stand for ten minutes. Mix this in a vessel with a cup of buckwheat flour, pouring in two cups of cold water, and season with a small pinch of salt. Mix thoroughly, cover the basin with a cloth, and let rest overnight. Grease griddle lightly with a piece of fat pork-rind, and place it on a hot stove. Pour half of the batter into the six sections of the griddle, distributing it evenly. Bake one to two minutes on each side. Finish the rest the same way, put them on a hot dessert-dish, and serve.

Wheat Cakes.—Put into a vessel one-half cupful of sifted wheat flour, one tablespoonful of powdered sugar, a piece of compressed yeast. Break in four whole eggs, and mix well for three minutes. Add cupful of cold milk, and beat well with the pastry-whip for four minutes. Strain through a sieve into another vessel. Place on the stove a small griddle, greasing the surface lightly. Drop some of the batter onto the griddle; bake a few seconds; turn it with a cake-turner, and bake a few seconds on the other side. See that the cake is a light-brown color on both sides. Put them on a hot dish, keeping it warm on a corner of the range, and proceed until all are finished.

GINGERBREAD, DOUGHNUTS, AND SMALL CAKES.

Hard Gingerbread.—Four eggs, three cups of sugar, one and one-half cupfuls of butter, three teaspoonfuls of ginger, one-half cupful of milk, flour enough to roll out. Spread very thin on tin sheets; then roll it first with a smooth rolling-pin, and then with a fluted one. Bake, and cut in squares while warm.

Soft Gingerbread.—One and one-half teacupfuls of molasses, one-half a cupful of cream, one-half a cupful of butter, one egg, one teaspoonful of soda, one teaspoonful of ginger and cinnamon, three tablespoonfuls of sour milk.

Ginger Snaps.—Two cupfuls of sugar, one cupful of butter, one-half cupful of water, one teaspoonful of saleratus, one egg, a little ginger.

Ginger Cookies.—Two cupfuls of molasses, one and one-half teaspoonfuls of ginger, one-half a cupful of water, one teaspoonful of cinnamon, one-half a cupful of butter or lard, one-half a teaspoonful of soda.

Ginger Drop Cake.—One cupful of sugar, one cupful of molasses, one-half a cupful of butter, three cupfuls of flour, one-half a cupful of milk, two teaspoonfuls of soda, one teaspoonful of pulverized alum, two eggs, ginger and spice to taste. If not stiff enough to drop, add more flour.

Ginger Nuts.—Three pounds of flour, one pound of butter, one pound of sugar, one pint of molasses, two ounces of ginger, a little allspice. Roll extremely thin.

Sugar Snaps.—One cupful of butter, two cupfuls of sugar, one-third of a cupful of sweet milk, three eggs, one teaspoonful of cream of tartar, one teaspoonful of soda, flour to roll out, and cut into cakes.

Sponge Drops.—Beat to a froth three eggs and one teacup of sugar; stir into this one heaping coffee-cup of flour, in which one teaspoonful of cream of tartar and half a teaspoonful of saleratus are thoroughly mixed. Flavor with lemon. Butter tin sheets with washed butter, and drop in teaspoonfuls about three inches apart. Bake instantly in a very quick oven. Watch closely, as they will burn easily. Serve with ice-cream.

Drop Cookies.—One cupful of butter, two cupfuls of sugar, one cupful of milk, one egg, two teaspoonfuls of cream of tartar, one teaspoonful of soda, flour enough to drop. Flavor to taste.

Cocoanut Cookies.—One pound of sugar, three-quarters of a pound of butter, three eggs, one paper of cocoanut, and flour enough to roll out.

Christmas Cakes.—One pound of golden syrup, one pound of flour, two teaspoonfuls of soda dissolved in one-half cupful of the syrup. Boil the rest of the syrup; and, while warm, add one-quarter of a pound of butter, one teacupful of citron (chopped very fine), one teacupful of chopped blanched almonds, fifty cents' worth of cardamom seeds, one teaspoonful of cinnamon, one of chopped lemon peel, the grated rind and the juice of one lemon. Roll out, cut with a small biscuit cutter, and put a whole blanched almond on the top of every cake before you put them in the oven. Excellent—a German receipt.

Fruit Cookies.—Three-quarters of a pound of sugar, one cupful of butter, one-half cup of sweet milk, one egg, two teaspoonfuls of baking powder, a teaspoonful of grated nutmeg, three tablespoonfuls of English currants or chopped raisins. Mix soft, and roll out, using just enough flour to stiffen sufficiently. Cut out with a large cutter, wet the tops with milk, and sprinkle sugar over them. Bake on buttered tins in a quick oven.

Jumbles.—One cupful of sugar, one cupful of butter (scant), two eggs, two and one-half cupfuls of flour. Mix, roll, and then cut in strips, form the strips into rings, and dip the upper side into finely cracked sugar, letting as much adhere to the surface as will. One tablespoonful of bitter almonds finely sliced improves them. Season with lemon, vanilla, or extract of almond.

Small Cakes.—Work one egg and a tablespoonful of sugar to as much flour as will make a stiff paste; roll it as thin as a dollar piece, and cut it into small round or square cakes; drop two or three at a time into the boiling lard. When they rise to the surface and turn over, they are done. Take them out with a skimmer, and lay them on an inverted sieve to drain. When served for dessert or supper, put a spoonful of jelly on each.

Cookies.—Two cupfuls of sugar, one scant cupful of butter, one egg, a little nutmeg, one-half teaspoonful of saleratus dissolved in a large tablespoonful of warm water. Warm the butter, so as to stir all together. Then stir in as much flour as you can, and work it on the board. Roll very thin, and cut them out. Grease the pan with lard before the first are baked, and the pan will not need greasing again for the rest. Bake to a light brown.

German Fried Cakes.—Two cups of milk, four eggs, one small tablespoonful of melted butter, flavoring, salt to taste. First boil the milk, and pour it, while hot, over a pint of flour; beat it very smooth, and when it is cool, have ready the yolks of the eggs well beaten; add them to the milk and flour, beaten well into it; then add the well-beaten whites; then, lastly, add the salt and as much more flour as will make the whole into a soft dough. Flour your board, turn your dough upon it, roll it in pieces as thick as your finger, and turn them in the form of a ring. Cook in plenty of boiling lard. A nice breakfast cake with coffee.

Doughnuts.—One coffeecupful of sugar, two-thirds of a cupful (scant) of butter, one egg, one coffeecupful of milk, one teaspoonful of soda, two teaspoonfuls of cream of tartar, a little nutmeg, flour to make a soft dough.

Wafers.—Mix four rounding tablespoonfuls of butter in half a teacup of milk; stir together four ounces of white sugar, eight ounces of sifted flour, and the yolk of one egg, adding gradually the butter and milk, a tablespoonful of orange-flower water, and a pinch of salt; mix it well. Heat the wafer irons, butter their inner surfaces, put in a tablespoonful of the batter, and close the irons immediately. Put the irons over the fire, and turn them occasionally, until the wafer is cooked. When the wafers are all cooked, roll them on a small round stick, stand them upon a sieve, and dry them.

Crullers.—One cupful of sweet milk, one cupful of sugar, two eggs, five tablespoonfuls of melted lard, a little salt, one teaspoonful of soda, and one-half of a teaspoonful of cream of tartar (or two teaspoonfuls of baking powder), flour sufficient to make firm enough to roll out and cut in shape. If any spice is used, let it be nutmeg.

Puff-ball Doughnuts.—Three eggs, one cupful of sugar, a pint of sweet milk, salt, nutmeg, and flour enough to permit the spoon to stand upright in the mixture; add two heaping teaspoonfuls of baking powder to the flour; beat all until very light. Drop by the dessertspoonful into boiling lard. These will not absorb a bit of fat, and are very nice.

New England Cookies.—One cup of butter, one pound of sugar, three eggs well beaten, a teaspoonful of soda and two of cream of tartar, spoonful of milk, one teaspoonful of nutmeg and one of cinnamon; flour enough to make a soft dough just stiff enough to roll out. Try a pint of sifted flour to begin with, working it in gradually. Spread a little sweet milk over each, and sprinkle with sugar. Bake in hot oven a light brown.

Cocoanut Cookies.—One cup grated cocoanut, three-quarters of a pound sugar, three-fourths cup butter, one-half cup milk, two eggs, one large teaspoonful baking powder, one-half teaspoonful extract of vanilla, and flour enough to roll out.

Lemon Cookies.—One pound sifted flour, one teacupful of butter, two cups of sugar, the juice of one lemon and the grated peel from the outside, three eggs whipped very light. Beat thoroughly each ingredient, adding after all is in a half teaspoonful of soda dissolved in a tablespoonful of milk. Roll out as any cookies, and bake a light brown. Use no other wetting.

New England Crullers.—Large coffeecupful of sugar, one cupful of sour milk, two eggs, two scant tablespoonfuls of melted butter, half a nutmeg grated, a large teaspoonful of cinnamon, a teaspoonful of salt and one of soda; make a little stiffer than biscuit dough, roll out a quarter of an inch thick, and cut with a fried-cake cutter with a hole in the centre. Fry in hot lard.

Fried Cakes or Doughnuts.—Have boiling lard enough to free them from the bottom of the kettle, so that they swim on the top, and the lard should never be so hot as to smoke or so cool as not to be at the boiling point; if it is, they soak grease and are spoiled. If it is at the right heat, the doughnuts will in about ten minutes be of a delicate brown outside and nicely cooked inside. Five or six minutes will cook a cruller. Try the fat by dropping a bit of the dough in first ; if it is right, the fat will boil up when it is dropped in. They should be turned over almost constantly, which causes them to rise and brown evenly. When they are sufficiently cooked, raise them from the hot fat, and drain them until every drop ceases dripping.

Mother's Love-knots.—One egg, one tablespoonful sugar, one tablespoonful butter, one tablespoonful milk, pinch of salt, pinch of nutmeg, flour to knead very hard. Roll out, then cut in long narrow strips, and tie in two or three knots, and fry in hot lard. Dust with pulverized sugar while hot.

Nun's Sighs.—Warm a lump of butter the size of a walnut, a lump of sugar, a little lemon peel, and a pinch of salt in a teacupful of water. Set it in a saucepan of water on the stove ; stir in flour until it becomes a thick paste, and continue stirring until cooked. Leave in the saucepan until cold ; then stir in one egg at a time, until thin enough to drop out of a spoon. Take a dessert spoon and drop lumps of the paste about the size of walnuts into hot lard. Take out when risen to four times their original size and of a golden color. Sprinkle with sugar. Good hot or cold.

CAKE.

Directions for Making Cake.—Put eggs in cold water to make them beat light. Dissolve soda in a little water, and strain into the milk. Mix cream of tartar with one cup of flour. Strain yolks of eggs. Stir butter with a wooden spoon until soft, then add the sugar until a fine cream is formed ; next add the yolks, then a little flour, and very gradually the milk, stirring the batter all the time. Add the flavoring and spices. Beat the whites to a stiff froth, and place one-half upon the mixture, then the remainder of the flour—except that containing the cream of tartar, which must be added after the other layer of whites. Beat carefully until the ingredients are thoroughly incorporated, and bake immediately. Avoid jarring the cake when in the oven, also a draft of cold air while baking. If the oven is too hot, cover with a piece of brown paper. A stone jar and a clean piece of linen will keep cake best a long time.

Black Cake.—One pound of butter, one pound of sugar, one pound of flour, twelve eggs, three glasses of brandy, eight ounces of citron, four pounds of fruit, a little saleratus; spice to taste.

Fruit Cake.—One pound of flour, one pound of sugar, one-half pound of butter, nine eggs, three pounds of raisins, three pounds of currants, one pound of citron, one cupful of molasses, one cupful of brandy, two teaspoonfuls of cloves, four teaspoonfuls of cinnamon. Brown the flour; bake four hours. Add more fruit if you like, and if too dry add a little wine.

Coffee Cake.—One pound of flour, one pound of sugar, one pound of raisins cut and stoned, one-half pound of butter, four eggs, one cupful of strong coffee, one teaspoonful of soda, one teaspoonful of cloves.

St. Albans Loaf Cake.—Three cupfuls of light dough, two cupfuls of sugar, one and one-quarter cups of butter, three eggs, two teaspoonfuls of cinnamon, one teaspoonful of cloves, one teaspoonful of soda, coffeecupful of raisins chopped a little. Let it rise half an hour after putting it in the baking tins.

Whortleberry Cake.—Eight cupfuls of flour, three cupfuls of sugar, five eggs, one quart of the berries, and one and one-half cups of milk, one cupful of butter, one and one-half teaspoonfuls of soda, three of cream of tartar.

Hickory Nut Cake.—The whites of six eggs, two cupfuls of sugar, two-thirds of a cupful of butter, one cupful of sweet milk, three and one-half cupfuls of flour, two teaspoonfuls of baking-powder, one pound of hickory-nut kernels chopped very fine.

Almond Cake.—One-half cupful of butter and one cupful of sugar beaten to a cream, whites of five eggs well beaten, two cupfuls of flour, one-half teaspoonful of soda, one teaspoonful of cream of tartar, one-half cupful of milk, one-half pound of sweet almonds. Flavor with bitter almonds.

Cocoanut Drop Cakes.—One cupful of desiccated cocoanut, one-half cupful sugar, whites of two eggs beaten to a stiff froth, one tablespoonful of flour. Drop on paper, and bake five minutes in a quick oven.

Cocoanut Cake.—Three cupfuls of sugar, three-quarters of a cupful of butter, one cupful of milk, five cupfuls of flour, three eggs, two teaspoonfuls of cream of tartar, one teaspoonful of soda, one cocoanut grated.

Lady Cake.—One and one-quarter pounds of powdered sugar, sixteen eggs (whites only), one pound of flour, three-quarters of a pound of butter, one-half pound of blanched almonds chopped fine.

Silver Cake.—Two coffeecupfuls of sugar, one-half cupful of butter, two and one-half cupfuls of flour, three-quarters of a cupful of sweet milk, one-half teaspoonful of soda, one teaspoonful of cream of tartar, whites of eight eggs. Flavor with lemon or almond extract.

Gold Cake.—One cupful of sugar, three-quarters of a cupful of butter, two cupfuls of flour, one-quarter of a cupful of sweet milk, one-half teaspoonful of soda, one teaspoonful of cream of tartar, the yolks of eight eggs.

French Loaf Cake.—Two cupfuls of sugar, one-half cupful of butter, one cupful of milk, three cupfuls of flour, three eggs, two teaspoonfuls of cream of tartar and one teaspoonful of soda, or three teaspoonfuls of baking powder.

White Cake.—Three cupfuls of flour, one and one-half cupfuls of sugar, two tablespoonfuls of butter, two teaspoonfuls of cream of tartar, one teaspoonful of soda, one cupful of milk.

Sea-foam Cake.—Whites of ten eggs beaten to a stiff froth, one-half tumblerful of white sugar, one tumblerful of flour, with one teaspoonful of cream of tartar. Stir the sugar and flour together, and mix carefully with the eggs, and then flavor. Bake in a moderate oven.

Wine Cake.—Two eggs, two cupfuls of sugar, one cupful of butter, one cupful of wine or cider, four cupfuls of flour, one teaspoonful of saleratus, one cupful of fruit (raisins and currants), with nutmeg.

Lemon Cake.—One pound of flour, one pound of sugar, one-half pound of butter, eight eggs, the rind of two lemons grated, and the juice of one lemon. Baked in shallow pans and frosted.

Sponge Cake.—Ten eggs, half a pound of flour, one pound of sugar, one lemon, one tablespoonful of water, a piece of soda the size of a small pea, a pinch of salt. Mix the yolks and sugar until they are creamy, then add the grated rind and juice of the lemon with a pinch of salt; dissolve the soda in the water; lastly, add the whites of the eggs (after beating them very stiff) and the flour, putting them in alternately, stirring as little as possible. The oven must not be too hot at first, so that it will not crust over.

Cream Sponge Cake.—One cupful of cream, two cupfuls of sugar, two and one-half cupfuls of flour, five eggs, one teaspoonful of soda, two teaspoonfuls of cream of tartar.

Citron Cake.—Three cups of white sugar and one cup of butter creamed together; one cup of sweet milk, six eggs, whites and yolks beaten separately; one teaspoonful of vanilla or lemon extract, two heaping teaspoonfuls of baking powder sifted with four cups and a half of flour; one cup and a half of citron, sliced thin and dredged with flour. Divide into two cakes and bake in tins lined with buttered letter-paper.

Citron Pound Cake.—Stir two cups of butter to a cream, then beat in the following ingredients, each one in succession: one pint of powdered sugar, one quart of flour, a teaspoonful of salt, eight eggs, the yolks and whites beaten separately, and a wine glass of brandy; then last of all add a quarter of a pound of citron cut into thin slices and floured. Line two cake pans with buttered paper and turn the cake batter in. Bake in a *moderate* oven about three quarters of an hour.

White Cake.—Beat together three cupfuls of sugar and one of butter, making it very light; then add a cupful of milk. Beat the whites of eight eggs very stiff; add half of those to the other ingredients. Mix well into four cups of sifted flour one tablespoonful of baking powder; stir this into the cake; add flavoring, then the remaining beaten whites of egg. Bake in layers like jelly-cake. Make an icing for the filling, using the whites of four eggs beaten to a very stiff froth, with two cups of fine white sugar, and the juice of half a lemon. Spread each layer of the cake thickly with this icing, place one on another, then ice all over the top and sides. The yolks left from this cake may be used to make a spice-cake. See formula for Spice-cake.

Spice Cake.—Take the yolks of seven eggs, and one whole egg, one pound of brown sugar, one cupful of molasses, one cupful of butter, one large coffeecupful of sour milk, one teaspoonful of soda (just even full), and five cupfuls of flour; one teaspoonful of ground cloves, two teaspoonfuls of cinnamon, two teaspoonfuls of ginger, one nutmeg, and a small pinch of Cayenne pepper. Beat eggs, sugar, and butter to a light batter before putting in the molasses; then add the molasses, flour, and milk; beat it well together, and bake in a *moderate* oven. If fruit is used, take two cupfuls of raisins, flour them well, and put them in last.

Cocoanut and Almond Cake.—Two and one-half cups powdered sugar, one cup butter, four full cups prepared flour, whites of seven eggs whisked stiff; one small cup of milk, with a mere pinch of soda; one grated cocoanut, one-half teaspoonful nutmeg, the juice and half the grated peel of one lemon; cream, butter, and sugar. Stir in lemon and nutmeg; mix well; add the milk and whites and flour alternately; lastly, stir in the grated cocoanut swiftly and lightly. Bake in four jelly-cake tins.

Filling.—One pound sweet blanched almonds, whites of four eggs beaten stiff, one heaping cup powdered sugar, two teaspoonfuls rose-water.

Cup Cake.—Cream half a cup of butter, with three cups of sugar, by beating; stir in five eggs; dissolve a small teaspoonful of soda in a cup of sweet milk; add six cups of sifted flour; stir all well together, and if too thick, add a little more milk, without any more soda. Flavor with essence of lemon and a little grated nutmeg, Stir all well together, and bake in three pans.

Molasses Cup Cake.—Butter one-half cup, molasses one cup, sugar one cup, sweet milk one cup, three eggs, three cups of flour, one large tablespoonful of ginger, half teaspoonful of salt, one teaspoonful of soda dissolved in molasses. Mix butter and sugar together well first, then add the other ingredients, eggs well beaten being the last. This is very good.

Cake without Eggs.—One pint of sour milk, a pint and a half or two pints of flour, one pound of raisins, one cup of butter, three cups of sugar, a spoonful of saleratus, and spice to taste. Mix together and bake an hour.

Coffee Cake.—Two eggs, two cups of sugar, one cup of coffee (liquid), three-fourths cup of butter, three cups of flour, one teaspoonful each of cloves, cinnamon, and nutmeg, one teaspoonful of cream of tartar, and one-half teaspoonful of soda.

Ginger Pound Cake with Fruit.—Three-quarters of a pound of sugar, three-quarters of a pound of butter, two pounds of flour, six eggs, one quart of molasses, half a pound of currants, quarter of a pound of raisins, three tablespoonfuls of ginger, one teaspoonful of cloves, two teaspoonfuls of cinnamon, three teaspoonfuls of baking powder dissolved in a few spoonfuls of milk. Bake one hour.

New Year's Hickory Nut Cake.—One pound of flour, one pound of sugar, three-quarters pound of butter, six eggs, two teaspoons of cream of tartar, one of soda, half cup of sweet milk. Beat the cake thoroughly, and then stir in a small measure of hickory-nuts, first, of course, taking them from the shell. Bake in a steady but not quick oven. This is a very fine cake.

Huckleberry Cake.—One cup of sugar, one egg, piece of butter size of an egg, half a cup of milk, one teaspoonful of soda, two of cream of tartar, a teaspoonful of any preferred essence, and sifted flour to make a stiff batter. Put cream of tartar in the flour, soda in the milk, and beat thoroughly. Add last a pint of dried huckleberries, and bake in a quick oven. This is cheap and good.

Pound Cake.—Beat six eggs to a froth, then add a pound of sugar and half a pound of butter; beat all well together; dissolve half a teaspoonful of soda in half a cup of milk. Take a pound of sifted flour and rub a teaspoonful of cream of tartar through it with your hands; add the eggs, sugar, and butter; stir all thoroughly together, flavor to suit the taste, and bake in a quick oven.

Ginger Snaps.—One pint of molasses, one teaspoonful of butter and lard mixed, two even teaspoonfuls of soda dissolved in two-thirds of a teacupful of boiling water, two tablespoonfuls of ginger; mix as quickly as possible, with flour enough to roll thin, and bake quickly to a light brown. Sorghum molasses out is preferred. They will keep any length of time.

Loaf Cake.—Stir into two quarts of flour a pint of milk slightly warmed and a small teacup of yeast. Place it near the fire, where it will rise quickly. When perfectly light, work in with the hand four beaten eggs, a teaspoonful of salt, two of cinnamon, a wine glass of currant jelly, a grated nutmeg, and some chipped citron. Stir a pound of sugar with three-quarters of a pound of butter; when white, work it into cake; add another quart of sifted flour, and beat the whole with the hand ten or fifteen minutes, then set it up.

Snow Cake.—Take half a pound of butter, half a pound of sugar, whites only of six eggs, and one pound of arrowroot. Beat the butter to a cream, then add the arrowroot and sugar gradually, beating all the time; beat the six whites separately in a basin, and when a stiff froth, add to the mixture; put a few drops of any sort of essence, either lemon, almond, or vanilla, and beat all for twenty minutes. Then put into a tin and bake in a moderate oven, great care being taken that the outside is not burnt before the inside is done. Some persons cut snow cake into slices before sending it to table, having previously cut off the outside and sifted powdered sugar over each slice.

Small Seed Cakes.—One cup of butter, two of white sugar, three eggs, half a cup of seeds, and flour enough to make a stiff paste. Roll it very thin, with sugar instead of flour, on the board, and cut it in round shapes. Bake it about fifteen minutes.

Cream Cake.—One cup of sugar, one of sour cream, two of sifted flour, two eggs, one teaspoonful of cream of tartar, half of soda, half of salt. Flavor with essence of almond. It is quickly made, and delicious eaten fresh.

Cream Cakes.—(*Outside.*) Two cups of flour, half cup of butter, half pint cold water. Boil the butter and water together, and stir the flour in gradually while boiling. Let it cool; then add five eggs, a pinch of saleratus, and a little salt. Drop the mixture on tins, and bake in a quick oven.

(*Inside.*) One pint of milk, one cup white sugar, half cup of flour, two eggs. Beat the eggs, sugar, and flour together, and stir them in the milk while boiling. Flavor with lemon or vanilla. Cut a slit in the side of each cake, and put in the filling after the cakes cool.

LAYER CAKES.

Lemon Jelly Cake.—One-half cupful of butter, two cupfuls of sugar, three eggs (or the whites of six), one cupful of milk, three cupfuls of flour, two teaspoonfuls of cream of tartar, one teaspoonful of soda.

The Jelly.—Two grated lemons, two cupfuls of sugar, whites of two eggs beaten stiff. Put all together, boil over water until stiff. Cool before putting on the cake.

Orange Cake.—Two cupfuls of flour, two cupfuls of sugar, one-half cupful of water, the yolks of five eggs, whites of four eggs, one saltspoonful of salt, one teaspoonful of cream of tartar, one-half teaspoonful of soda, the juice and rind of one orange. Bake in jelly-cake tins. Then beat the whites of two eggs to a froth, adding sugar till too stiff to stir ; add juice and rind of one orange, and spread between cakes.

Ice Cream Cake.—Two cupfuls of sugar, one of butter, two of flour, one of corn-starch, one of sweet milk, the whites of eight eggs, two large teaspoonfuls of baking powder.

The Mixture.—Pour one-half pint of boiling water over four cupfuls of sugar ; cook until it candies, taking care that it does not grain. Beat the whites of four eggs, then pour the sugar over them, beating all the time. Flavor with vanilla. Dissolve a little citric acid, and put one teaspoonful in the icing. Stand in a cool place.

Roll Cake.—One large cupful each of sugar and flour, three eggs, half teaspoonful of soda, one teaspoonful of cream of tartar, one saltspoonful of salt, one large spoonful of milk. Bake on tin sheets, and spread with lemon cheese cake, and roll.

Lemon Cheese Cake.—One pound of white sugar, one quarter of a pound of butter, the yolks of six eggs and whites of four, grated rind of two lemons, and the juice of three. Put these ingredients into a pan over the fire, and stir gently until the sugar melts and it begins to thicken,—about the consistency of strained honey.

Custard Cake.—One cupful of sugar, one cupful of flour, three eggs, three tablespoonfuls of milk, one small teaspoonful of soda, two of cream of tartar.

Custard.—One pint of milk, two eggs, one-half cupful of sugar, three teaspoonfuls of corn-starch. Boil until it thickens. Flavor with vanilla. When cold, cut the cake in four rounds, and add the custard between. Frost it, if you like.

Cream Cake.—One cupful of sugar, one egg, two cupfuls of flour, one-half cupful of milk, butter of the size of an egg, one teaspoonful of cream of tartar, one-half teaspoonful of soda.

Cream Inside.—One coffeecupful of sweet milk, one-half cupful of sugar, the yolks of two eggs, the white of one, one heaping tablespoonful of corn-starch.

Cream Puffs.—Stir into a pint of boiling water one-quarter of a pound of butter, one-half pound of flour, and one tablespoonful of sugar, mixing well together before putting them into the water. Stir constantly until it will cleave entirely from the kettle. When perfectly cold, mix in six eggs, one at a time, stirring constantly; beat a whole egg, to glaze over the top. Drop in tins to bake; they will puff up, leaving a place for the custard:—One pint of cream or milk, one tablespoonful of corn-starch, two teaspoonfuls of gelatine, four eggs.

Cream Pie.—One cupful of sugar, one cupful of flour, four eggs. Beat the yolks and sugar together to a cream, add the flour, then the whites well beaten, and one teaspoonful of milk with one of baking powder. Bake in jelly tins. For the custard, take two eggs beaten separately, one cupful of sugar, one tablespoonful of corn-starch, add a little cold milk, and then pour the mixture into *less* than a pint of scalding milk or cream, and stir constantly until cooked. When the cake is cold, spread with the custard. Flavor to suit.

Roll Jelly Cake.—One scant teacupful of sugar, three eggs, two tablespoonfuls of milk, one cupful of flour, one scant teaspoonful of saleratus, one teaspoonful of cream of tartar. Spread it thin on a long dripping-pan, bake in a quick oven. Spread the jelly on while hot, and roll up.

Washington Pie.—One teacupful of sugar rubbed to a cream with butter of the size of an egg. Beat four eggs separately, and stir in one heaping cupful of sifted flour, with a full teaspoonful of cream of tartar, and one teaspoonful of soda dissolved in one small teaspoonful of milk. Divide the mixture on two shallow tin plates well buttered; put in a moderate oven; put preserves or jelly between the cakes; and, when on the plate, sprinkle some fine powdered sugar over upper crust.

Cocoanut Layer Cake.—One cocoanut grated, one-half pound of sugar, two eggs, the rind and juice of one lemon. Mix the ingredients together; cook till the egg thickens, stirring constantly. Put this mixture between layers of silver cake. Frost the loaf, and sprinkle with cocoanut.

Chocolate Jelly Cake.—*The Jelly.*—One-half pound of sweet chocolate grated fine. Boil one-half pint of milk, and pour over it. Add one well-beaten egg, one cupful of sugar, and vanilla to taste.

The Cake.—One cupful of butter, one of milk, four of flour, four eggs, one teaspoonful soda dissolved in the milk, two teaspoonfuls cream of tartar sifted with the flour. This makes two cakes four layers thick.

Marble Cake.—*Dark Part.*—The yolks of seven eggs, two cupfuls of brown sugar, one of molasses, one of butter, one of sour cream, five of flour, two teaspoonfuls of cinnamon, two of cloves, one of nutmeg, one of allspice, one and one-half of soda.

White Part.—The whites of seven eggs, two cupfuls of white sugar, one of butter, two-thirds of a cupful of sweet milk, three of flour, two teaspoonfuls of cream of tartar, one of soda. Flavor with vanilla.

Cream Frosting.—One-half pint of sweet thick cream whipped, sweetened and flavored with vanilla. Cut a loaf of cake in two; spread the frosting between and on the top.

Fruit Cream Filling.—Cut fruits into thin slices, and prepare cream by whipping and sweetening. Put a layer of fruits between the layers of cake, and pour cream over each layer and over the top. All kinds of fruits may be used by this formula, mashing the berries, and stewing thick with powdered sugar.

Fruit Filling.—Take one-half cup of finely-chopped citron, one-half cup of finely-chopped seeded raisins, half of a cupful of blanched almonds chopped fine, also a quarter of a pound of finely chopped figs. Beat the whites of three eggs to a stiff froth, adding half of a cupful of sugar; then mix thoroughly into this the whole of the chopped ingredients. Put it between the layers of cake when the cake is hot, so that it will cook the egg a little. This will be found delicious.

Icing for Cakes.—An icing without eggs may be prepared by boiling a cup of granulated sugar in five tablespoonfuls of sweet milk for five minutes, then beating until cool enough to spread. One with egg may be easily made of six tablespoonfuls of powdered sugar, the white of one egg, and one teaspoonful of boiling water, mixed without beating. A colored icing may be made by using a teaspoonful of boiling cranberry juice or other red fruit juice instead of water. The top of the icing may be ornamented with roasted almonds, bits of colored sugar, or frosted fruits.

Lemon Jelly Filling.—Grate the yellow from the rind of two lemons and squeeze out the juice; add one pound of sugar, the yolks and whites of two eggs beaten separately. Mix the sugar and yolks, then add the whites, and then the lemons. Now pour on a cupful of boiling water; stir into this two tablespoonfuls of sifted flour, rubbed smooth in half a cup of water; then add a tablespoonful of melted butter. Cook until it thickens. When cold, spread between the layers of cake. Oranges can be used in place of lemons.

To Make Frosting without Eggs for all kinds of Cakes.—Mix thoroughly with cold water sufficient confectioner's sugar so that it will spread nicely, and flavor to suit the taste; and spread it on while the cake is still warm (not hot). Be sure not to use granulated or pulverized sugar. No eggs are necessary. You can also mix this frosting with cocoanut, chocolate, lemon, etc., in making layer cakes.

Boiled Icing.—Two cups sugar dissolved in one-half cup of water. Boil until it strings. Beat the whites of two eggs to a stiff froth, and stir into the syrup after it strings. Beat all together until nearly cold.

Cream Filling.—Cream filling is made with two cups fresh milk, three tablespoonfuls of sifted flour, two eggs, and one cup of sugar. Put some of the milk on the stove to boil; stir the sugar, flour, and eggs in what is left of the milk. When the milk boils, add into it the rest, and cook it until it is as thick as custard; when cool, add vanilla extract. This custard is nice with a cup of hickory-nut kernels chopped fine and stirred into it. Spread between the layers of cake.

COLORING FOR CAKES AND FRUITS.

Dark Red Coloring.—Take eight grains of cream of tartar finely powdered and ten grains of cochineal; add to it a piece of alum the size of a small pea, and boil with four tablespoonfuls of soft water in a granite iron vessel for fifteen minutes; then strain through a cheese-cloth, put in a bottle and keep it tightly corked. If you wish to keep it any length of time, put in a little alcohol.

Pink Coloring.—Strawberry or cranberry juice makes the best coloring for frosting or confectionery. But when you cannot get them, buy two cents' worth of cochineal, put it into half a teacupful of alcohol; let it stand twenty minutes; strain through a cheese-cloth, put in a bottle and cork tight.

Angel Cake.—Whites of nine large eggs, one and one quarter cupfuls of sifted granulated sugar, one cup of sifted flour, one-half teaspoonful of cream of tartar, a pinch of salt added to the eggs before beating. After sifting the flour four or five times, measure and set aside one cupful; sift the sugar, and set aside one and one-quarter cupfuls; beat the whites of eggs about half; add the cream of tartar, and beat to a stiff froth; stir in the sugar and flour at the same time very lightly. It should be folded in, as too much stirring tends to toughen the cake. Flavor, and bake in a moderate oven forty minutes in the patent cake-pans. The pans should be inverted and left until the cake is cold before it is removed. In this manner it has a chance to stretch instead of falling. Never grease these pans; if ordinary pans are used, put a layer of paper in the bottom.

PIES.

Good Plain Pastry (*American.*)—The secret of success in making pastry is to work quickly in a cool room, and to keep the pastry as cold as possible. Even in making plain pastry, only the best flour and butter should be used; the flour should be freshly sifted, and the butter worked with the hands in plenty of ice water until it assumes a waxy appearance and touch; if it is worked quickly and lightly, it will not stick to the hands; when the butter is of the proper consistency, it should be patted with the hands into a cake about an inch thick, wrapped in a floured towel, and put in a dish set on ice in summer, or out of doors in winter, so that it may become quite cold while the paste is being prepared; allow half a pound of butter to a pound of flour. After the flour is sifted, mix with it a teaspoonful of salt, and with a sharp knife chop into it one-third of the butter; then quickly mix with it enough ice water to make a dough which does not stick to the hands; the mixing may be done with the knife or the hand, but it must be done quickly; next, lightly flour a smooth pastry board or marble slab, lay the dough on it, and with a floured roller roll it out about half an inch thick; cut the rest of the butter in thick slices and lay it upon the dough, with spaces of about an inch between the slices; dust flour lightly over the butter, and fold the paste over it in such a way as to make a nice appearance, and bake in a quick oven.

Paste for Pies (*from the French*).—Sift on clean table four cupfuls of flour; make a hollow space in the center, pour into it two cupfuls of cold water, two heaping tablespoonfuls of butter, and half a saltspoonful of salt; then, with the hand, knead the ingredients well together for two minutes, and gradually and slowly mix in the balance of the flour with the rest for five minutes. Lay the paste on a dish, and put it to rest in a cool place for three minutes. Have ready three-quarters of a cupful of well-washed butter in one lump, return the paste to the table, flatten it slightly, then put the lump of butter in the center, fold over the edges so as to enclose the butter, then roll it out lengthwise with the pastry roller, and refold the paste into three folds. Let it rest again in a cool place for five minutes, then roll it again, fold it as before, and set it in refrigerator for five minutes; the paste will now be ready to use, and by keeping it in the ice box it will remain in good condition for some days.

Puff Paste (*from the French*).—Take four cupfuls of sifted flour, one pound of fresh butter, two cupfuls of ice water; add a little salt (one-half teaspoonful), wash the butter well before using it. Put the flour on the table, make a hollow space in the center, then put in it a heaping tablespoonful of the butter, adding the ice water and the salt, and stir the whole well together, so it forms gradually. Put it aside in a cool place for five minutes. Have ready the remaining butter, which must be solid, sprinkle the space of a square foot of the table with a very little flour, place the dough on it, then lengthen and widen with a wooden roller to the thickness of half an inch, and lay the balance of the butter in one lump in the center. Fold over the four edges so as to enclose it, then flatten again lightly with the roller until it forms a piece two inches thick, and then put it away to cool for ten minutes. Roll it again lengthwise, fold it in four, and let it rest for another five minutes; then repeat the same twice more, rolling it each time in a contrary direction. After five minutes it will be ready for use. This puff paste, if put away carefully in refrigerator, will keep for some days, and can be used for various purposes. If butter is salty no salt will be necessary—it is best to put butter in refrigerator, so it will be solid when using.

For Icing Pastry (*from the English*).—Take the white of an egg, and with the blade of a knife beat it to a stiff froth. When the pastry is nearly baked, brush it over with this, and sift over some pounded sugar; put it back into the oven to set the glaze, and in a few minutes it will be done. Great care should be taken that the paste does not catch or burn in the oven, which it is very liable to do after the icing is laid on.

Or make a meringue by adding a tablespoonful of white sugar to the beaten white of one egg. Spread over the top, and slightly brown in the oven.

Pastry (*American*).—Four cupfuls of flour, one cupful of butter, one cupful of lard. Lay aside half the butter. Cut the rest with the lard, fine, in the flour. Add a cupful of very cold water, with a little salt. Mix all together with a knife. Pour out on the pastry board, roll out, and add a little of the butter that was set aside each time till all is used. Do not touch it with the hands, if possible to avoid it.

Paste for Tart Shells.—Take one-half cup of rather thin sweet cream which has been placed on ice until very cold; add to it the stiffly beaten whites of two eggs, and whip all together briskly for ten minutes. Add sufficient white flour to roll. Cut into the required shape, bake quickly, but do not brown. Fill after baking. This paste, rolled thin and cut into shapes with a cooky cutter—one-half of them baked plain for under crusts, the other half ornamented for tops by cutting small holes with a thimble or some fancy mould—put together with a layer of some simple fruit jelly between them, makes a most attractive looking dessert. It is likewise very nice baked in little patty pans, and afterward filled with apple or peach marmalade or other fillings.

Lard Pie Crust.—Chop together in a bowl one pound of flour and half a pound of firm lard, cutting the lard in little flakes;

add half a teaspoonful of salt to the flour, and sufficient cold water to make a soft paste; turn the paste out on a floured board, and roll it half an inch thick; dust the paste with flour, and put a quarter of a pound of butter over it in small bits; roll the paste up, enclosing the butter completely, then roll and fold it several times, using flour enough to prevent sticking to the board or roller; then use it for pies or puddings.

Puff Paste.—Take four ounces of best wheat flour, four ounces of sweet butter; divide the butter into three parts; take one of the three pieces and rub it into the flour with the hand till well mixed; then stir in a tablespoonful of water, and form with a spoon into a very stiff paste; put it on a marble table or a very smooth board, and roll it out once each way; fold the four ends inward, and roll first lengthways and then sideways; spread on half the remaining butter in little pieces, sprinkle with flour, fold and roll as before; spread on the rest of the butter and repeat the process; now fold and roll twice, and put it away to cool for ten minutes. Roll out the paste very thin, and it is ready for whatever use required.

Puff Paste of Suet.—One-half pound of flour, one-half pint of water, one teaspoonful baking powder, one-half teaspoonful salt, one cup of finely chopped suet freed from its skin. Place the flour, sifted with the powder, in a bowl, add suet and water; mix into smooth, rather firm dough.

This paste is excellent for fruit puddings, and dumplings that are boiled; if it is well made, it will be light and flaky. It is also excellent for meat pies, baked or boiled. All the ingredients should be very cold in mixing, and the suet dredged with flour after it is chopped, to prevent the particles from adhering to each other.

To Make Pie Crust Flaky.—In making a pie, after you have rolled out your top crust, cut it about the right size, spread it over with butter, then shake sifted flour over the butter, enough to cover it well. Cut a slit in the middle, place it over the top of your pie, and fasten the edges as any pie. Now take the pie on your left hand, and a dipper of cold water in your right hand; tip the pie slanting a little, pour over the water sufficiently to rinse off the flour. Enough flour will stick to the butter to fry into the crust to give it a fine, blistered, flaky look, which many cooks think is much better than rolling the butter into the crust.

Potato Pie Crust.—Put a teacupful of rich sweet cream to six good-sized potatoes after they have been well boiled, and mash fine. Add salt to taste, and flour enough to roll out the crust. Handle it as little as possible. It is better not to put crust at the bottom of a pie if the fruit is very moist, for it will be clammy from the moisture, but let the under crust only cover the rim of the plate. Prick the upper crust to let out the steam, else the juice will run over. This paste is excellent for apple dumplings or meat pies, and may be eaten by the most fastidious dyspeptic.

Crust for Raised Pies.—Take two ounces of lard, two ounces of butter; put both together in a stew pan with a teacupful of water to boil; mix it with one pound of sifted flour while it is boiling hot, first with a spoon and then with the hand. Roll out as other crust for pies.

Suet Crust for Meat Pies.—Take the fiber from eight ounces of soft beef suet, and pound it to a soft mash; mix it with one pound of fine flour; then make the crust in the same way as for puff paste, using the pounded suet instead of butter.

Lemon Cream Pie.—The juice and grated rind of one lemon, one cup of white sugar, the yolks of two eggs, three tablespoonfuls of sifted flour, milk to fill the plate. This makes a large pie, and should be made with an under crust, but not any top crust. Bake until nearly done, then take from the oven, and pour over it a frosting made of the beaten whites of the two eggs and two tablespoonfuls of powdered sugar; then set back in the oven, and brown lightly. One of the best pies ever eaten.

Cream Pie.—Three cupfuls of milk, two eggs, two tablespoonfuls of corn-starch, butter of the size of a walnut, a pinch of salt, two tablespoonfuls of sugar. Have the crust ready baked. Then scald one and one-half cupfuls of the milk, with the butter and salt. Beat the yolks of the eggs with the corn-starch and the other one and one-half cup of milk, adding this to the scalding milk, with one teaspoonful of lemon extract. Put it in the crust, and bake till done. Then beat the whites of the egg to a stiff froth with a little sugar, and spread over the pie. Return to oven and brown lightly.

Apple Pie.—Make a nice flaky crust, pare and slice the apples thin, spread them on the plate an inch thick, sprinkle sugar on them, then spread on some currant jelly, dredge on a little flour, add a little nutmeg, a small piece of butter, and three spoonfuls of water. Just before putting in the oven, sprinkle a little granulated sugar on it.

Squash Pie.—Cook and strain the squash, add five eggs, juice and rind of two lemons, brandy, wine, sugar, pepper and salt to taste, nutmeg, cinnamon, and a good lump of butter.

Acid Pie.—One cupful of sugar, one cupful of water, two tablespoonfuls of flour, one teaspoonful of tartaric acid, raisins or dried currants, and nutmeg. Mix the flour smoothly with a little cold water, then add one teacup of hot water.

Cracker Pie.—One teaspoonful of tartaric acid, one teacupful of boiling water poured upon the cracker, previously dissolving the acid in the water, add one teacupful of sugar, and flavor with nutmeg or lemon. This will make one pie—a good imitation of apple pie.

Orange Pie.—Use part of the grated rind and all the juice of one large orange or two small ones; stir the yolks of three eggs with one cupful of sugar; mix with the orange, adding one cupful of milk and the three beaten whites. Bake with an under crust.

Currant Pie.—One cupful of ripe currants crushed fine, one cupful of sugar, one-half cupful of water, the yolks of two eggs and one tablespoonful of flour. Bake with an under crust. When cooked, beat the whites of the eggs with four spoonfuls of powdered sugar; spread it on the top of the pie and return to the oven to brown.

Lemon Pie.—One coffeecupful of white sugar, one coffeecupful of milk, six eggs, butter the size of an egg, rind and juice of two lemons. Bake with puff paste. Do not let it whey or bake so long as a custard pie. When baked add a meringue of beaten white of egg and sugar and put it in the oven to brown.

Lemon Custard Pie.—The rind of a lemon grated and the pulp cut very fine. To the yolks of four eggs beaten light add four tablespoonfuls of white sugar and one cupful of milk and cream mixed. Make a rich paste. Bake twenty minutes. Beat the whites very stiff with four tablespoonfuls of sugar, spread on smooth and bake a few minutes.

Peach Pie.—Select mellow, juicy peaches, wash them and place in a deep pie plate lined with paste, strew a thick layer of sugar on each of the peaches, adding a spoonful of water and a sprinkling of flour over the top of each layer; cover with a thick crust and bake about an hour. The prussic acid of the stone imparts a most agreeable flavor to the pie. Stew peaches that are hard before making them into pies. Also stew dried peaches soft and sweeten them, and give them no other spice than a few of the kernels blanched and pounded fine in a very little rose-water.

Grape Pie.—Pop the pulps out of the skins into one dish, and put the skins into another. Then simmer the pulp a little over the fire to soften it; remove it and rub it through a colander to separate it from the seeds. Then put the skins and pulp together, and they are ready for pies or for canning or putting in jugs for further use. Fine for pies.

Lemon Filling.—Into one cup of boiling water stir one tablespoonful of corn-starch previously braided smooth with the juice of a large lemon. Cook until it thickens, then add one-half cupful of sugar and a little grated yellow rind of the lemon.

Tapioca Filling.—Soak one tablespoonful of tapioca over night in one cup of water; mash and stir the tapioca, simmer gently until clear and thick, adding enough water to cook it well; add half a cup of white sugar and a tablespoonful each of lemon and orange juice. If desired a little raspberry or currant juice may be added to make the jelly of a pink color.

Cream Filling.—One cup of rich milk (part cream if it can be afforded) heated to boiling. Into this stir one scant tablespoonful of flour previously braided smooth with a little cold milk. Add to this the well-beaten yolk of one egg and one tablespoonful of sugar. Turn this mixture into the hot milk and stir until it thickens. Flavor with a little grated lemon rind, vanilla, or, if preferred, flavor the milk with cocoanut before using. Fill the tart shells, and meringue with the white of the egg beaten stiff with a tablespoonful of sugar.

Peach Tarts.—Take half a pound of puff paste; roll it out twelve inches long by eight wide, then cut six pieces, and arrange them neatly on six scalloped tart molds, each three and a half inches wide. Take each separate mold in the hand, and with the thumb press the paste gently at the bottom and sides, so as to give it the perfect shape of the mold, but avoid pressing the paste on the edge, so that in baking it will swell and raise beautifully. Divide three ounces of apple marmalade into six equal parts, and fill the bottom of the tarts with it; then wipe six good-sized, solid, fine peaches, peel and cut them into six quartered pieces; arrange them nicely over the marmalade in the tarts, then distribute two ounces of powdered sugar evenly over all; lay them on a baking sheet, put them in a moderately hot oven for twenty minutes, draw them to the door and sprinkle the edges lightly with powdered sugar; then leave them in the closed oven for two minutes to allow the sugar to melt thoroughly. Remove them from the fire, put to cool for twenty minutes, and then spread evenly over the peaches one and a half ounces of apple jelly. Dress the tarts on a dessert dish and serve.

Any kind of fruit tarts can be made the same way, only substituting the different fruits for the peaches.

Green Gooseberry Tart.—Top and tail the gooseberries. Put into a porcelain kettle with enough water to prevent burning, and stew slowly until they break. Take them off, sweeten well, and set aside to cool. When cold pour into pastry shells and bake with a top crust of puff paste. Brush all over with beaten egg while hot, set back in the oven to glaze three minutes. Eat cold.

Mince Meat for Mince Pies.—Four pounds of lean boiled beef chopped fine, twice as much of chopped green tart apples, one pound of chopped suet, three pounds of raisins, seeded, two pounds of currants picked over, washed and dried, half a pound of citron cut up fine, one pound of brown sugar, one quart of cooking molasses, two quarts of sweet cider, one pint of boiled cider, one tablespoonful of salt, one tablespoonful of pepper, one tablespoonful of mace, one tablespoonful of allspice and four tablespoonfuls of cinnamon, two grated nutmegs, one tablespoonful of cloves; mix thoroughly and warm it on the range until heated through. Remove from the fire, and when nearly cool stir in a pint of good brandy and one pint of madeira wine. Put into a crock, cover it tightly, and set it in a cold place where it will not freeze, but keep perfectly cold. It will keep for a long time.

Jelly Custard Pie.—Dissolve three tablespoonfuls of nice pure fruit jelly in a very little warm water, add one and one-half cups of milk and two well-beaten eggs, stirring the whites in last. Bake with under crust only. Jellies are usually so sweet that no sugar is needed. Apple, raspberry, currant, strawberry and quince jellies all make nice pies, prepared in this way.

Chocolate Custard Pie.—One quarter cake of Baker's chocolate grated, one pint of boiling water, six eggs, one quart of milk, one half cupful of white sugar, two tablespoonfuls of vanilla. Dissolve the chocolate in a very little milk, stir into the boiling water, and boil three minutes. When nearly cold, beat up with this the yolks of all the eggs and the whites of three. Stir this mixture into the milk, season and pour into shells of good paste. When the custard is "set"—but not more than half done—spread over the whites whipped to a froth with two tablespoonfuls of sugar.

Apple Custard Pie.—Stew good dried apples till perfectly tender and there remains but very little juice. Rub through a colander. For each pie use one cup of the sifted apples, one and a half cups of rich milk, two eggs, five tablespoonfuls of sugar and a little grated lemon rind for flavoring. Bake with under crust only. Stewed fresh apples, beaten smooth or rubbed through a colander, can be used if preferred. The eggs may be omitted, and one-half cup more of the sifted apples, with more sugar, may be used instead.

Peach Custard Pie.—Cover a pie plate with an under crust. Take fresh peaches, pare, halve and stone them, and place a layer hollow side up in the pie. Prepare a custard with one egg, one cup of milk and three tablespoonfuls of sugar. Pour the custard over the peaches and bake. If the quantity given will not entirely cover the peaches, a little more must be prepared. Canned peaches which are not broken can be used instead of fresh ones. The pieces should be drained free from juice and less sugar used.

Fruit Pies.—Fruit pies should be eaten fresh and baked in tolerably deep earthen platters. Their excellence consists in a small quantity of pastry and a large amount of fruit and sugar. Line the dish with good paste, leaving half an inch to project over the edge. Fill with fruit, and cover thickly with sugar; no spice is needed for fresh small fruit pies. Put on a lid of puff paste, and bring the outer edge of the under paste up and over it, moistening slightly with cold water, so that it will fasten down tight. This prevents the juice from boiling out. Notch the edge and center.

Cocoanut Pie.—Cut off the brown part of cocoanut, grate the white part, mix it with milk, and set it on the fire and let it boil slowly eight or ten minutes. To a pound of the grated cocoanut allow a quart of milk, eight eggs, four tablespoonfuls of sifted white sugar, a glass of wine, a small cracker pounded fine, two spoonfuls of melted butter and half a nutmeg. The eggs and sugar should be beaten together to a froth, then the wine stirred in. Put them into the milk and cocoanut, which should be first allowed to get quite cool; add the cracker and nutmeg, turn the whole into deep pie plates, with a lining and rim of puff paste. Bake them as soon as turned into the plates.

Pumpkin Pie without Eggs.—Prepare the pumpkin as previously directed. For two medium-sized pies, heat a pint and a half of milk in a farina kettle, and when scalding, stir into it two scant tablespoonfuls of white flour rubbed smooth in a little cold milk. Cook, stirring often, until it thickens. Add half a cup of sugar, or a little less of syrup, to a pint and a half of the sifted pumpkin, and after beating well together, stir this into the hot milk. Bake in an under crust; or, for three pies, take one quart and a cupful of pumpkin, three-fourths of a cup of sugar, two thirds of a cup of best New Orleans molasses, and three pints of hot milk. Beat all together thoroughly. Line deep plates with a cream crust, and bake an hour and a half in a moderate oven.

Pumpkin Pie.—To prepare the pumpkin, cut in halves, remove the seeds, divide into moderately small pieces, and bake in the oven until thoroughly done. Then scrape from the shell, rub through a colander, and proceed as follows: For one and one-third pints of the cooked pumpkin use one quart of hot, rich, sweet milk. Add one-half cupful of sugar and the well-beaten yolks of three eggs, beat well together; add the whites of the eggs beaten to a stiff froth, and beat thoroughly. Line the tins with a stiff cream paste, fill, and bake in a moderate oven till the pies are barely firm in the center, or till the custard is well set.

Cherry Pie.—Stone the cherries, fill the pie crust one-half full with ripe cherries; sprinkle over them about one cupful of sugar, a teaspoonful of flour, add a little butter over this; then fill the crust full with the cherries, and bake.

Pineapple Pie.—A grated pineapple, its weight in sugar, half its weight in butter, one cupful of cream, five eggs; beat the butter to a creamy froth, add the sugar and yolks of the eggs; continue beating till very light; add the cream, the pineapple grated, and the whites of the eggs beaten to a stiff froth. Bake with an under crust. Eat cold.

Grape Jelly Pie.—Cook perfectly ripe purple grapes; rub them through a colander to remove the seeds and skins. Return the pulp to the fire and thicken with rice or corn-starch to the consistency of thick cream or jelly, and sweeten to taste. Fill an under crust with the mixture, and bake. The top may be ornamented with pastry cut in fancy shapes if desired.

Damson or Plum Pie.—Stew the damsons whole in water only sufficient to prevent their burning; when tender, and while hot, sweeten them with sugar, and let them stand until they become cold; then pour them into pie dishes lined with paste, dredge flour upon them, cover them with the same paste, wet and pinch together the edges of the paste, cut a slit in the center of the cover through which the vapor may escape, and bake twenty minutes.

Rhubarb Pie.—Cut the large stalks off where the leaves commence, strip off the outside skin, then cut the stalks in pieces half an inch long; line a pie dish with paste rolled rather thicker than a dollar piece, put a layer of the rhubarb nearly an inch deep; to a quart bowl of cut rhubarb put a large teacupful of sugar; strew it over with a saltspoonful of salt and a little nutmeg grated; shake over a little flour; cover with a rich pie crust, cut a slit in the center, trim off the edge with a sharp knife, and bake in a quick oven until the pie loosens from the dish. Rhubarb pies made in this way are altogether superior to those made of the fruit stewed.

Rhubarb Pie.—Strip off the skin, and slice thin, the tender stalks of rhubarb. Put the rhubarb in deep plates lined with pie crust, with a thick layer of sugar to each layer of rhubarb, and over the top a sprinkling of flour. A little grated lemon peel may be added. Place over the top a thin crust. Press tightly round the edge of the plate and perforate it with a fork, that the crust may not burst while baking and let the juices of the pie escape. Bake about one hour in a slow oven. This rhubarb pie must not be quick-baked.

Sweet Potato Pie.—Two pounds of grated potatoes, one and one-half pound of sugar, one cupful of cream, one pound of butter and nine eggs. Put the whites in last.

Tomato Pie.—Peel and slice (like apples) ripe tomatoes into the pie, with sugar and a piece of butter. Sprinkle flour over top.

PUDDINGS AND DUMPLINGS.

GENERAL REMARKS.

In order to have good success in the making of puddings and dumplings, one should endeavor to procure the best materials and follow the formulas as given minutely.

If the pudding is to be steamed have the water boil rapidly from the time your pudding is placed in the steamer, and see that it is kept boiling. If water is to be added, see that it is boiling water, so as not to reduce the temperature.

Do not take the cover off the vessel until the pudding is done, as that will let in the cold air and reduce the temperature.

If the pudding is to be boiled, see that the ingredients are well worked together. Then take a bag made of thick material, dip it into hot water, wring out the water, sprinkle the inside of bag well with flour, put in your pudding, tie it well, allowing some room for it to swell. Place it in a vessel of boiling water, have a plate at bottom of vessel so bag will rest on same. Allow it to boil all the time until done. In adding water see that it is boiling and keep the vessel well covered. When done, plunge immediately in cold water and turn out the pudding, and serve at once.

Basins or molds used for baking, steaming or boiling should be well buttered before the mixture is added.

In case you do not desire to boil pudding in a cloth, use pudding moulds, but close very tight, so water cannot enter. Place them in a vessel of boiling water, and boil the specified time.

Dumplings are boiled in the same way, only each separated in little bags or moulds.

All sweet puddings should have a little salt added, but be careful to get the proper proportions.

Batter puddings should be evenly mixed so as not to have lumps form. The proper way is to first mix the flour and sufficient milk or water, and then add the sugar and yolks of eggs thoroughly beaten together, then add the balance of the milk slowly, then the seasoning. The beaten white of the eggs is to be added last.

In adding liquors or acids of any kind they must be added at last and gradually, or it will curdle the milk and eggs.

Be sure and secure eggs and other ingredients perfectly fresh, as one bad article will surely taint the others, and spoil your pudding.

The yolk and white of eggs should always be beaten separately.

In making rice, tapioca and other cereal food puddings be sure and beat the eggs very light, and mix it with a little of the milk before adding in the other articles.

In all custard puddings the sugar and yolk of eggs should be first well beaten together before adding the other ingredients, and the beaten white of the eggs should be added last.

When batter sticks to the knife in cutting, it is because you have not used enough eggs, or worked it the required time.

If your puddings, or dumplings, or pastry have the proper color on the outside, but are not sufficiently done through, cover with a piece of white or manilla paper, which will prevent them from burning of scorching.

PUDDINGS.

English Plum Pudding.—One pound of suet, one pound of raisins, one pound of currants, half a pound of rolled crackers, half a pound of sifted flour, one pound of sugar, one-quarter of a pound of citron cut very fine, half tumblerful brandy, half tumblerful sherry wine, ten eggs well beaten, two teaspoonfuls (small) salt, one teaspoonful ground cinnamon, one teaspoonful nutmeg, half teaspoonful allspice, half teaspoonful cloves, peel of one lemon grated.

Mix all the ingredients together dry, then add the eggs, wine and brandy the last thing before turning into a buttered bowl which will just hold the pudding, Tie a stout cloth tightly over the basin and plunge into a large kettle of boiling water. Boil six hours. The water must not be allowed to stop boiling one moment. The basin must have a rim to hold the cloth firmly; wring the cloth out of cold water and flour it well before using. Pour brandy over the pudding and bring to the table in a blaze of flame.

Suet Pudding.—Ten eggs, one pound of flour, one-half pound of suet, one pound of raisins, one nutmeg. Thin it with milk. The great art is in boiling without stopping. Tie it up, allowing a little space to swell, and boil five hours. Serve with a rich wine sance.

Apple Snow.—Put twelve good tart apples in cold water, and set them over a slow fire; when soft, drain off the water, strip the skins off the apples, core them and lay them in a deep dish. Beat the whites of twelve eggs to a stiff froth, put one-half pound of powdered white sugar to the apples, beat them to a stiff froth, and add the beaten eggs. Beat the whole to a stiff snow, then turn it into a dessert dish.

Apple Soufflee.—Peel and cut two pounds of good apples; stew till tender, with four ounces of loaf sugar. With the yolks of six eggs make a custard, adding two ounces of powdered sugar and one pint of boiling milk. Let this get firm by putting it in a kettle of boiling water and steaming it. Beat the whites of the six eggs to a stiff froth with a little powdered sugar. Mix your apples and custard, put the whites on top, and bake in a quick oven.

Cherry Pudding.—One pint of bread crumbs, one cup of sugar, four eggs, a quart of milk, grated lemon rind, a little powdered cinnamon, and salt. Mix thoroughly, butter a mold, and spread in a thick layer of the preparation and then a layer of cherries, then another layer of bread, etc., and one of cherries alternately until it is filled. Close tight, and steam for two hours. Eat with sweet liquid sauce. Blackberries may be used instead of cherries.

Steamed Fig Pudding.—Moisten two cupfuls of finely grated Graham bread crumbs with half a cup of thin sweet cream. Mix into it a heaping cupful of finely chopped fresh figs, and a quarter of a cup of sugar. Add lastly a cup of sweet milk. Turn all into a pudding dish, and steam about two and one-half hours. Serve as soon as done, with a little cream for dressing, or with orange or lemon sauce.

Blackberry or Whortleberry Pudding.—Three cupfuls of flour, one cupful of molasses, half a cupful of milk, a teaspoonful of salt, a little cloves and cinnamon, a teaspoonful of soda dissolved in a little of the milk. Stir in a quart of huckleberries floured. Boil in a well-buttered mold two hours. Serve with brandy sauce.

Blueberry Pudding.—One cupful of sugar, one cupful of milk, one egg, one pint of the berries, butter of the size of an egg, one and one-half pints of flour, one large teaspoonful of cream of tartar, one-half teaspoonful of soda.

Baked Huckleberry Pudding.—Four cups of ripe, fresh huckleberries or blueberries; half a teaspoonful of nutmeg, three eggs well beaten, separately; two cupfuls of sugar, one tablespoonful of cold butter; one cupful of sweet milk, one pint of flour, two teaspoonfuls of baking powder. Roll the berries well in the flour, and add them last of all. Bake half an hour and serve with sauce. There is no more delicate and delicious pudding than this.

Indian Fruit Pudding.—Make a batter of a pint of hot milk and enough corn-meal to make it stiff, add a little molasses and a teaspoonful of salt; then mix in a pint of sweet apples chopped, or a pint of huckleberries. Tie it in a wet cloth, leaving room for it to swell, put it in boiling water, boil three hours and serve with sweet sauce.

Rice Cream Pudding.—Take one cup of good well-washed rice, one scant cup of sugar, and eight cups of new milk, with a little grated lemon rind for flavoring. Put all into an earthen pudding dish, and place on the top of the range. Heat very slowly until the milk is boiling, stirring frequently, so that the rice shall not adhere to the bottom of the dish. Then put into a moderately hot oven and bake, without stirring, till the rice is perfectly tender, which can be ascertained by dipping a spoon in one side and taking out a few grains. It should be, when cold, of a rich cream consistency, with each grain of rice whole. Serve cold. It is best if made the day before it is needed. If preferred, the milk may be first flavored with cocoanut.

Rice Pudding with Raisins.—Wash thoroughly one-half cup of rice, and soak for two hours in warm water. Drain off the water, add two tablespoonfuls of sugar, one-half cup of raisins, and four cups of milk. Put in an earthen pudding dish and cook for two hours in a moderate oven, stirring once or twice before the rice begins to swell; then add a cup of hot milk and cook for an hour longer.

Baked Lemon Pudding.—An under crust of pastry; stir the yolks of three eggs with one cup of powdered sugar till very light, two-thirds of a cup of milk, butter of the size of a black walnut, one teaspoonful of sifted flour, grated rind and juice of one large lemon. Bake the pudding, and when cold put on the top of it the whites of three eggs beaten to a stiff froth. Add fine sugar while beating. Put in the oven to brown.

Snow Pudding.—Take half a pound of the pulp of roasted apples carefully separated from the skin and core, half a pound of powdered lump sugar, and the whites of two eggs. First beat the eggs to a very stiff froth, then by degrees add first the sugar and then the apples; beat all together for an hour, until, when taken up in the spoon, it stands quite stiff. With the yolks of the two eggs make a sweet custard for the bottom of the dish, and build the snow up by spoonfuls to any height you please. Savoy cakes and sweetmeat likewise laid in the dish are an improvement.

Plum Pudding Glace.—Make a rich custard with cream or rich milk, put into it a glass of noyeau, a little brandy, some ginger and ginger syrup, and citron cut very small. Freeze.

Cottage Pudding.—Two cupfuls of flour, one cupful of sugar, one cupful of milk, one teaspoonful of soda, two teaspoonfuls of cream of tartar, one tablespoonful of butter and two eggs.

Plum Pudding with Snow.—Mix· together a pound and a quarter of flour, half a pint of sweet cream, a pound of stoned raisins, four ounces of currants, four ounces of mashed potatoes, five ounces of brown sugar, and a gill of milk. Work thoroughly together, season it, mix eight tablespoonfuls of clear snow very quickly throughout the mass; put the pudding in a bag and boil four hours. Two tablespoonfuls of snow are equal to an egg in any pudding.

Birds' Nest Pudding.—Pare and core eight or nine medium-sized apples, put in a pan; fill the places from which the cores have been taken with sugar and a little grated nutmeg; cover and bake. Beat the yolks of four eggs light, add two teacupfuls of flour with three even teaspoonfuls of baking powder sifted with it, one pint of milk with a teaspoonful of salt; then add the whites of the eggs well beaten, pour over the apples, and bake one hour in a moderate oven. Serve with a nice sauce.

Jam Pudding.—Make a jam by mashing well some fresh raspberries or blueberries and sweetening to taste. Spread over slices of fresh light bread or buns, and pile in layers one above another in a pudding dish. Pour over the layers enough rich milk or thin cream, heated to scalding, to moisten the whole. Turn a plate over the pudding, place a weight upon it, and press lightly till cold. Cut in slices, and serve with or without a cream dressing.

Cabinet Pudding.—Butter well the inside of a pudding mold. Have ready a cupful of chopped citron, raisins and currants. Sprinkle some of this fruit on the bottom of the mold, then slices of stale sponge cake; shake over this some spices—cinnamon, cloves and nutmeg—then fruit again, then cake, until the mold is nearly full. Make a custard of a quart of milk, four eggs, a pinch of salt, two tablespoonfuls of melted butter; pour this over the cake, without cooking it; let it stand and soak one hour; then steam one hour and a half. Serve with wine sauce or a custard. Season with wine.

Sponge Pudding.—Quarter of a pound of sugar, quarter of a pound of flour. Stir them in a quart of sweet milk, stirring constantly until it boils. Add a quarter of a pound of butter. Cool it. Beat the yolks and whites of twelve eggs separately, add them, with a little salt, and bake in a dish of water till done. This makes two common-sized baking tins full. One-half the above rule by measure: One-half cupful of flour, one-half cupful of sugar, one-half cupful of butter, five eggs, one pint of sweet milk, a little salt.

Queen of Puddings.—One pint of bread crumbs, one quart of milk, one cupful of sugar, butter of the size of an egg, four eggs. Flavor. After the pudding is baked spread preserves over the top, and upon them the beaten whites of the above four eggs, with a teaspoonful of pulverized sugar. Serve with sweet cream.

Custard Pudding.—Make a custard of one quart of milk and two eggs, flavor to taste, and put into a baking dish. Spread thick slices of bread with butter, sufficient to cover the top of the dish. Bake until the custard thickens. Buttered side of bread to be placed up.

Chocolate Pudding.—One quart of milk, three ounces of grated chocolate. Scald the milk and chocolate together. When cool, add the yolks of five eggs and one cupful of sugar. Bake about twenty-five minutes. Beat the whites of the eggs for the top. Brown in the oven. To be eaten cold.

DUMPLINGS.

Preserve Dumplings.—Make a light biscuit crust, and roll it about one-quarter of an inch thick; cut it in five-inch squares, lay a tablespoonful of preserves in the center, and fold the crust over it; tie each one in a dumpling cloth, having it well floured on the inside; put them in boiling water and boil thirty minutes. Serve hot with cream. Preserved peaches, plums, cherries or any fruit preserves can be used this way.

Boiled Apple Dumplings.—Select apples that will cook quickly, pare and core them, leaving the apple whole. Prepare a plain paste, roll the crust about quarter of an inch thick, cover each apple with it, and then steam them about an hour; if you boil them instead of steaming them, make the paste of suet, put them in boiling water, and boil an hour.

Little Currant Dumplings.—A pint of flour, quarter pound of fresh beef suet chopped fine, a saltspoonful of salt, a quarter pound of Zante currants picked clean, one egg, and milk or water enough to mix to the consistency of drop biscuit. Boil in dumpling cloths three-quarters of an hour, a tablespoonful to a dumpling. Serve with sauce.

Lemon Dumplings.—Take two cups of grated bread crumbs, half a cupful of chopped suet, half a cupful of moist sugar, a little salt, and a small tablespoonful of flour, adding the grated rind of a lemon. Moisten it all with the whites and yolks of two eggs well beaten, and the juice of the lemon strained. Stir it all well together, and put the mixture into small cups well buttered; tie them down with a cloth dipped in flour, and boil three-quarters of an hour. Turn them out on a dish, strew sifted sugar over them, and serve with wine sauce.

Boiled Rice Dumplings.—After boiling one cup of rice, drain and mash it moderately fine. Add to it two tablespoonfuls of butter, one-third of a cup of sugar, half a saltspoonful of mixed ground spice, salt and the yolks of two eggs. Moisten a little with a tablespoonful or two of cream. With floured hands shape the mixture into balls, and tie them in floured pudding cloths. Steam or boil forty-five minutes, and send to table with some nice sauce.

SAUCES FOR PUDDINGS.

Punch Sauce.—Six tablespoonfuls of powdered sugar, two ounces of rum, the grated rind of half an orange, one teaspoonful of vanilla flavoring. Mix the above in a pan, and as soon as the liquid catches flame, put on the lid of pan and allow it to remain for one minute. Then take pan from stove, squeeze the juice of one nice orange, strain all in dish, and it is ready to serve.

Brandy or Wine Sauce.—Take one cupful butter, two cupfuls of powdered sugar, the whites of two eggs, five tablespoonfuls of sherry wine or brandy, and a quarter of a cupful of boiling water. Beat butter and sugar to a cream, add the whites of the eggs, one at a time, unbeaten, and then the wine or brandy. Place the bowl in hot water, and stir till smooth and frothy.

Rose Cream.—Remove the thick cream from the top of a pan of cold milk, taking care not to take up any of the milk. Add sugar to sweeten and a teaspoonful or two of rose water. Beat with an egg beater until the whole mass is thick. Good thick cream, beaten in this manner, makes nearly double its quantity.

Rum Sauce.—Put in a saucepan one cupful of water with one-half cupful of granulated sugar, and place it on the stove, adding a teaspoonful of caramel; when boiling add half an ounce of corn-starch, diluted in two tablespoonfuls of cold water, stir well, and let cook for two minutes. Remove from the fire, and add immediately four tablespoonfuls of Jamaica rum, mixing well, then strain it through a fine sieve into a bowl.

Wine and Fruit Sauce.—Put into a saucepan half a cupful of apricot marmalade, with one third of a cupful of cold water; place it on the fire, and stir until boiling; then take it off, and add immediately one cupful of Tokay wine, stirring thoroughly for a moment or so. Strain through a sieve over the pudding, and serve.

Lemon Brandy Sauce.—Fill a pint fruit jar with the rinds of fresh lemons, and cover same with the best brandy. In about three weeks strain off the liquor, and seal tight until needed.

Creme a la Vanilla Sauce.—Take the yolks of three eggs and put in a small vessel, and mix with two ounces powdered sugar, one ounce of flour and a piece of vanilla bean the size of a lima bean; beat well together with egg beater for two or three minutes, and pour this all into a pint of boiling milk, and beat again briskly with the beater until it boils once more; then remove from fire, and add one-half gill of maraschino; beat again for one minute, after which it is ready for use.

Egg Sauce.—Beat the white of three eggs to a stiff froth, and stir in very gently one teaspoonful of vanilla and one cupful of powdered sugar; then stir in carefully the beaten yolks of eggs, and serve.

Orange Sauce.—Put in a saucepan four egg yolks with four ounces of powdered sugar, and stir with a spatula until it becomes a whitish color. Add two gills of sweet cream, little by little, beating continually, then grate in the rind of an orange. Place the pan on a slow stove, and stir well for four minutes, being careful not to let it boil; take it off, strain through a sieve over the pudding, and serve very hot.

Madeira Sauce.—Put in a saucepan four egg yolks and three tablespoonfuls of powdered sugar; place it on a hot stove, and with a wire whip stir well for two minutes. Drop in gradually one cupful of madeira wine; stir continually for two minutes; take from the fire, and strain through a fine sieve over the pudding.

Lemon Pudding Sauce.—Heat to boiling, in a double boiler, a pint of water in which are two slices of lemon, and stir into it a dessertspoonful of corn-starch; cook four or five minutes, or until it thickens. Squeeze the juice from one large lemon, and mix it with two-thirds of a cupful of sugar. Add this to the corn-starch mixture, and allow the whole to boil up once, stirring constantly; then take from the fire. Leave in the double boiler, surrounded by the hot water, for ten minutes. Cool to blood heat before serving.

Apricot Sauce.—Place one-half cupful of apricot marmalade into a saucepan with one tablespoonful of fresh butter and half a cupful of water; set it on the hot stove, and stir briskly with the spatula until it comes to a boil, then take from the fire and add immediately a gill of good brandy, mixing again with the spatula for one minute more; then pour the sauce over the boiled apple dumplings, and serve.

Red Sauce.—Pare and slice a large red beet, and simmer gently in three cupfuls of water for twenty minutes, or until the water is rose colored; then add two cupfuls of sugar, the thin yellow rind and juice of one lemon, and boil until the whole is thick syrup. Strain, add a teaspoonful of rose water or vanilla, and serve.

Cherry Sauce.—Take ripe cherries, mash them with the meat of the pits in their own juice until tender, pulp through a sieve all that will pass, add wine and sugar, and spice if desired, and boil until it is of the consistency of thick cream.

Fruit Sauce.—Heat a pint of red raspberry, currant, grape, strawberry, apricot or any other fruit juice to scalding, and stir in a tablespoonful of corn-starch previously rubbed to a cream with a little cold water. Cook till it thickens; then add sugar according to the acidity of the fruit. Strain and cool before using. If fruit juice is not available, two or three tablespoonfuls of pure fruit jelly may be dissolved in a pint of hot water and used instead of the juice. A mixture of red and black raspberry juice, or currant and raspberry, will be found very nice.

Sweet Liquid Sauce.—One tablespoonful of flour mixed smooth with cold water, a pinch of salt, piece of butter the size of a hickory nut, half a cup of sugar, and a little maple or other syrup. Stir into this mixture hot water enough to make a pint bowl of sauce; boil all up, and grate in lastly a little nutmeg.

Fruit Cream.—Take the juice pressed from a cupful of fresh strawberries, red raspberries, or black caps, add to it one-third of a cup of sugar, and place in the ice chest till chilled. Set a cup of sweet cream also on ice till very cold. When thoroughly cold whip with an egg beater till the froth begins to rise, then add to it the cold fruit juice and beat again. Have ready the white of one egg beaten to a stiff froth, which add to the fruit cream, and whip till no more froth will rise. This makes a nice sauce for all cereal food puddings and dumplings and blancmanges. You can use the juices of other fruits prepared in the same manner.

Almond Sauce.—Heat a pint of rich milk in the inner cup of a double boiler, placed directly upon the stove. When the milk is boiling, stir into it a heaping tablespoonful of flour which has been rubbed to a cream in a little cold milk. Boil rapidly until thickened, stirring constantly; then add three tablespoonfuls of almondine; place in the outer boiler, and cook for five or ten minutes longer.

Lemon Sauce.—One cupful of sugar, half a cupful of butter, one egg beaten light, juice and grated rind of one lemon, half a cupful of boiling water; put in a tin basin and thicken over steam.

Caramel Sauce.—Stir a cup of sugar in a saucepan over the fire until melted and lightly browned. Add one cup of boiling water, and simmer ten minutes.

Custard Sauce.—One cupful of sugar, two beaten eggs, one pint of milk, flavoring to taste, brandy or wine if preferred. Heat the milk to boiling, add by degrees the beaten eggs and sugar, put in the flavoring, and set within a pan of boiling water; stir until it begins to thicken; then take it off, and stir in the brandy or wine gradually; set until wanted within a pan of boiling water.

Pudding Sauce.—One coffeecupful of powdered sugar and a piece of butter of the size of a large egg, beaten well together. Then add a well-beaten egg and a teaspoonful of flour. Then boil wine according to judgment, turn into the above, and pour from one bowl to another until it foams.

Hard Sauce.—This is made simply by stirring together to a light cream two cups of pounded loaf sugar to half of a large cup of sweet butter. It may be flavored according to taste. For cream and plain batter pudding it may be thinned with a few spoonfuls of boiling water and flavored with vanilla. Nutmeg is the best flavor for apple pudding. For rice puddings a little lemon juice or wine may be added.

Milk Sauce.—Mix a tablespoonful of flour in cold milk; see that it is free from lumps. Stir a tablespoonful of butter and a cupful of sugar to a cream, and add to it a pinch of salt. Mix together half a pint of milk, one egg, and the flour; stir this into the butter, and add a dash of nutmeg or any flavor; heat until near the boiling point, and serve. Very nice in place of cold cream.

Jelly Sauce.—Dissolve one ounce of sugar and four ounces of jelly over the fire in half a pint of boiling water, adding also two tablespoonfuls of butter; then stir into it a teaspoonful of corn-starch, dissolved in half a cupful of water or wine; add it to the jelly, and let it come to a boil. Set it in a dish of hot water to keep it warm until time to serve; stir occasionally. Any fruit jelly can be used.

Sago Sauce.—Wash one tablespoonful of sago in two or three waters, then put it into a saucepan with three-fourths of a cup of hot water, and some bits of lemon peel. Simmer gently for ten minutes, take out the lemon peel, add half a cup of quince or apricot juice—and, if the latter, the strained juice of half a lemon—and sugar to taste. Beat together thoroughly.

Royal Pudding Sauce.—Beat up, as for hard sauce, white sugar with butter until very light, in the proportion of half a cup of butter to one of sugar; flavor with the essence of lemon or bitter almonds. Fifteen minutes before serving, set the bowl in a pan of hot water on the range and stir it till hot. It will raise in a white foam to the top of the bowl.

Whipped Cream Sauce.—Beat together until of a stiff froth one cup of sweet cream which has been cooled in a refrigerator, one teaspoonful of vanilla or a little grated lemon rind, and one-half cup of powdered white sugar, and the whites of one or two eggs. The sauce may be variously flavored with a little fruit jelly beaten with the egg before adding to the cream.

Cream Sauce.—Beat together well one teacupful sugar, one egg, one tablespoonful of rich cream; moisten half a teaspoonful of corn-starch with a little milk, and stir in with the mixture; then add five tablespoonfuls of boiling milk, stirring rapidly all the time. Pour into the inner cup of a double boiler; have the water in the outer cup boiling, and cook five minutes. Flavor to taste.

CUSTARDS, CREAMS, AND FANCY DESSERTS.

In order to insure success in the making of custards, great care should be exercised in having all the ingredients in a fresh state. In the baking of custards a moderate heat should only be used, and the dish should be well buttered.

It is best to place the custard in an earthen dish and set same in vessel partly filled with hot water in a moderate oven until done. A dripping pan containing hot water will answer.

It is best to mix a level tablespoonful of sifted flour with the sugar first, before putting in the other ingredients.

Three or four eggs to each pint of milk is the general rule, as followed by the best housekeepers. In case you desire the custard very rich, cream should be used instead of milk, and more eggs must be used. A small lump of butter can also be added.

In adding beaten eggs into hot milk, add a little cold milk to the eggs first and then stir this into the hot milk a little at a time, stirring constantly.

The yolks of the eggs should be first beaten separately, then the sugar should be added, and this again beaten well. Then add the beaten whites of the eggs and the flavoring, and add all a little at a time into the milk, stirring constantly.

If you desire to impart a nice flavor to the custards and meringues, beat a little fruit jelly with the white of the eggs.

Custard.—Use about four eggs to a pint of rich new milk. Flavor the milk by putting six young laurel leaves or grated lemon peel into it, before beginning to make the custard, and leaving them in until it is done; sweeten the milk with an ounce or more of sugar, according to taste. Beat up the eggs thoroughly with sugar and add the milk to it boiling hot. Place all in the saucepan and stir it over a slow fire until it begins to thicken. Then remove it from the fire and continue stirring it until it is of exactly the right thickness. Turn it out immediately and keep stirring it until it is cool.

Raspberry Custard.—Take three gills of raspberry juice and dissolve in it a pound of white sugar, mix it with a pint of boiling cream, stir until quite thick, and serve in custard glasses.

Apple Custard.—Pare and remove the cores from a dozen tart apples, and fill the cavities with black raspberry, quince or grape jelly. Put them in a covered baking dish with a tablespoonful of water, and steam in the oven till tender but not fallen to pieces. Then cover the apples with a raw custard made by cooking two tablespoonfuls of flour rubbed smooth with a little milk, in a quart of milk, till just thickened, and adding, when cold, the yolks of two eggs well beaten with two heaping tablespoonfuls of sugar, and lastly, the whites of the eggs whipped to a stiff froth. Bake in a dish set in a pan of hot water, until the custard has set, but not till it separates.

Almond Custard.—Take one pint of rich milk, one pint of cream, half a pound of shelled sweet almonds, two ounces of shelled bitter almonds, four spoonfuls of rose water, four ounces of white sugar, the yolks of eight eggs, and a little oil of lemon. Blanch the almonds, and pound them to a paste, mixing the rose water gradually with them. Powder the sugar, and beat the yolks till very light. Mix the milk and cream together, and stir in gradually the sugar, the pounded almonds, and the beaten yolks. Stir the whole very hard. Put the mixture into a skillet or saucepan, and set it in a heated stove or on a charcoal furnace. Stir it one way until it becomes thick, but take it off before it curdles. Set it away to get cold. Take half the whites of the eggs, beat them well, adding a little powdered sugar and a few drops of oil of lemon. Put the custard into a glass bowl or dish, and heap the frothed white of an egg upon it. Ornament the top with nonpareils, or sugar sand; or put the custard in small cups, piling some froth on each.

Steamed Custard.—Four eggs beaten hard with sugar, and one quart of new milk; stir well, strain through a muslin, fill your cups, and steam them. When done, grate a little nutmeg on the top, and set them to get very cold before serving.

Coffee Custard.—Boil two ounces of burnt whole coffee in one quart of milk for twenty minutes, keeping it covered to preserve the aroma. A piece of lemon peel added is an improvement. Strain it several times through a fine sieve and sweeten it. If to boil, stir in six beaten eggs and strain, and put over the fire to cook until it thickens, not boils. If to bake, use five eggs, put in a dish or cups to bake, and eat cold.

Caramel Custard.—Put a small cupful of brown sugar in a tin pan, and burn it to a dark brown, but do not let it scorch. Make a soft custard, and while boiling hot, pour it on the burnt sugar, and stir until the sugar is dissolved. A teacupful of sugar is enough for three pints of custard.

Lemon Custard.—Beat the yolks of eight eggs till they are white, pour on them one pint of boiling water, add the juice and grated rind of two lemons, sweeten to taste, then add one glass of madeira wine or half a glass of brandy. Then scald it over the fire until it thickens. When cool put in glass cups. To be eaten cold.

Snow Balls.—Take ten eggs; beat the whites of five to a stiff froth; break the other five eggs into a bowl, and add the yolks of the first five to the same; add white sugar sufficient to sweeten the whole. Put two quarts of new milk on the stove, and when it boils place the beaten whites carefully on the milk, and let it boil one minute; then skim the whites carefully into a dish. Beat the other eggs with sugar very thoroughly together, flavor with vanilla, and stir this into the scalding milk till it begins to thicken; then pour it through a sieve into a pan, after which pour this custard into your dish, and cut the whites into small squares and place them on the top of the custard.

Tapioca Cream.—Set one cupful of washed tapioca, with enough water to cover it, on the stove till swollen. Then pour on one quart of milk and let it boil. Stir in the yolks of three eggs, well beaten. Sweeten and flavor with lemon. Beat the whites to a stiff froth; and when the tapioca is cooked, stir them in quickly. Eat, when cold, with sweetmeats or berries.

Chocolate Custard or Cream.—Beat the yolks of six eggs. Add one cupful of fine white sugar. Dissolve one-quarter of a pound of chocolate in one-half pint of hot water. Add one and one-half pint of cream or rich milk. Give it one boil and turn it on the eggs, stirring it all the time. Then put it in a pitcher; put the pitcher in boiling water, stirring the custard constantly till it thickens. To be served in glasses or cups, and eaten cold. The whites may be used to ornament the custard. Make a meringue and brown it in the oven, and then put a spoonful on each; or boil milk, and drop the whites on it until they harden. Put a spoonful on each. The custards are very fine and rich without ornament.

Charlotte Russe.—One pint of milk, one pint of cream, one small paper of Cooper's gelatine, one-quarter of a pound of fine sugar, four eggs. Dissolve the gelatine in the milk. Beat the yolks of eggs and sugar together, and mix them with milk. When it is cold, beat up the whites of the eggs and add them. Beat up cream, sweeten and put essence of vanilla in it, then mix it up with the rest. Put this into a Charlotte Russe pan, lined with lady fingers or thin slices of sponge cake. Turn it out when ready to serve, and put whipped cream on the top of it.

Velvet Cream.—One pint of cream whipped, one teacupful of white wine, one teacupful of sugar, one ounce of isinglass in a little milk. Stir in the sugar when nearly cold, then stir in cream, and lastly wine. Pour in molds and set on ice.

Lemon Foam.—Beat the yolks of eight eggs with one-half pound of sugar, and add the juice and grated peel of three lemons. If wanted in a form, take one-half ounce of gelatine dissolved in as small a quantity of water as possible, simmer over the fire for two or three minutes until the mixture begins to thicken, let it stand until cool, then add the whites of the eggs beaten to a stiff froth, and put all together in your form. It is very nice flavored with vanilla, or fresh orange may be used. Dispense with the gelatine if you do not wish it in a form.

Orange Soufflee.—Make a custard of one quart of milk and the yolks of twelve eggs, sweetened to taste. Pour this, boiling hot, over the grated rind, pulp and juice of four large or six small oranges, which have been previously sweetened a little to prevent curdling the custard. Put this in the oven, and bake until stiff enough to hold the meringue. Beat the whites with three-quarters of a cupful of sugar, and flavor with vanilla. Put on the meringue as roughly as possible, and set it again in the oven to brown slightly. If the oranges are very juicy, use one less.

Chocolate Mange.—Dissolve one box of gelatine in one pint of cold water. Boil one quart of milk, one pound of sugar, a large coffeecupful of grated chocolate and the gelatine together for five minutes, then add one pint of cream. Flavor with vanilla and put in molds.

Cocoanut Custard.—Flavor a pint of milk with cocoanut, add a tablespoonful of sugar and two well-beaten eggs, and boil till set in a double boiler or a bowl set in a dish of boiling water. Richer custards may be made by using three or four eggs, but the richer the custard the more likely it is to curdle and become watery, as well as being less wholesome.

Fruit Custard.—Heat a pint of red raspberry, strawberry or currant juice to boiling, and stir into it two even tablespoonfuls of corn-starch rubbed smooth in a little cold water. Stir constantly until thickened, then add half a cup of sugar, or less if the fruit juice has been sweetened; take from the fire and stir in the stiffly beaten whites of three eggs, stirring all the time so that the hot mixture will coagulate the egg. Make a custard of a pint of milk, the yolks of the three eggs, and three tablespoonfuls of sugar. When done, set on the ice to cool. Dish in a glass dish when cold, placing the fruit mixture by spoonfuls on top, and serve.

Chocolate Custard.—Heat one quart of fresh milk, and when nearly boiling stir in two ounces of grated chocolate ; let it warm on the fire for a few moments, and then remove and cool; beat the yolks of eight eggs and two whites with eight tablespoonfuls of sugar, then pour the milk over them ; flavor and bake as any custard, either in cups or a large dish. Make a meringue of the remaining whites.

Corn-Starch Blanc-Mange.—Stir together two tablespoonfuls of corn-starch, half a cup of sugar, the juice and a little of the grated rind of one lemon; braid the whole with cold water enough to dissolve well. Then pour boiling water over the mixture, stirring meanwhile, until it becomes transparent. Allow it to bubble a few minutes longer, pour into molds, and serve cold with cream and sugar.

Fruit Blanc-Mange.—Stew nice fresh fruit (cherries, raspberries and strawberries being the best), or canned ones will do; strain off the juice and sweeten to taste; place it over the fire in a double kettle until it boils; while boiling, stir in corn-starch wet with a little cold water, allowing two tablespoonfuls of corn-starch to each pint of juice; continue stirring until sufficiently cooked; then pour into molds wet in cold water, and set away to cool. Serve with cream and sugar.

Orange Float.—Heat one quart of water, the juice of two lemons and one and one-half cupfuls of sugar. When boiling, stir into it four tablespoonfuls of corn-starch rubbed smooth in a very little water. Cook until the whole is thickened and clear. When cool, stir into the mixture five nice oranges which have been sliced and freed from seeds and all the white portions. Meringue, and serve cold.

Blanc-Mange.—Pour one cup of boiling water over an ounce of patent gelatine and boil until dissolved, stirring constantly. Then squeeze the juice of a lemon upon a cupful of fine white sugar; stir this into a quart of rich cream and a cupful of sherry wine; when it is well mixed, add the dissolved gelatine, stir all well together, pour into molds previously wet with cold water; set the molds upon ice, let them stand until their contents are hard and cold, then serve with sugar and cream or a nice sauce.

Tapioca Blanc-Mange.—One cup of tapioca soaked an hour in two cups of milk and boiled till tender; add a pinch of salt, sweeten to taste and put into a mold; when cold, turn it out, and serve with fruit or berry jam around it and a little cream. Flavor to suit the taste.

Fruit Tapioca.—Cook three-fourths of a cup of tapioca in four cups of water until smooth and transparent. Stir into it lightly a pint of fresh strawberries, raspberries, currants or any small fruit, adding sugar as required. For variety a cup of canned quinces or apricots may be substituted for fresh fruit. Serve warm or cold with whipped cream or mock cream.

Tapioca Custard.—Soak a cup of tapioca over night in sufficient water to cover. When ready to prepare the custard, drain off the water if any remain, and add one quart of milk to the tapioca; place in a double boiler and cook until transparent; then add the well-beaten yolks of three eggs or the yolks of two and one whole one, mixed with three-fourths of a cup of sugar. Let it cook a few minutes—just long enough for the custard to thicken and no more, or it will whey and be spoiled—flavor with a little vanilla and turn into a glass dish. Cover the top with the whites beaten stiffly with a tablespoonful of sugar, and dot with bits of jelly, or colored sugar prepared by mixing sugar with cranberry or raspberry juice and allowing it to dry. For variety the custard may be flavored with grated lemon rind and a tablespoonful of lemon juice whipped up with the whites of the eggs; or other flavor may be dispensed with, and the meringue flavored by beating a tablespoonful of quince jelly with the whites of the eggs.

Molded Tapioca with Fruit.—Simmer one-half cup of desiccated cocoanut in a pint of milk for twenty minutes. Strain out the cocoanut and add milk to make a full pint. Add one-half cup of sugar and one-half cup of tapioca previously soaked over night. Let the whole simmer until the tapioca is transparent. Dip some cups in cold water, drain, and lay fresh strawberries, currants or cherries in the bottom of each in the form of a star or cross. Pour the tapioca into the molds gently, so as not to break the fruit. When cold, turn out and serve with whipped cream.

Fruit Foam Dessert.—Soak half a package of gelatine in half a cup of cold water until soft. Heat to boiling two and one-half cups of red raspberry, currant, strawberry or grape juice, sweetened to taste, and pour over the soaked gelatine. Stir until perfectly dissolved, then strain, and then set the dish in ice water to cool. When it is cold and beginning to thicken, beat the whites of three eggs to a stiff froth and stir into the thickening gelatine. Beat thoroughly for fifteen minutes with an egg beater, or whip till the whole is of a solid foam stiff enough to retain its shape. Turn into molds previously wet with cold water, or pile roughly in large spoonfuls in a glass dish. Set away in the refrigerator until needed. Serve with a little whipped cream piled lightly around it.

Floating Island.—Make a custard of a pint of milk flavored with cocoanut, and the yolks of three eggs; sweeten to taste, and steam in a double boiler. When done, turn into a glass dish. Have the whites of the eggs whipped to a stiff froth, and drop for a few seconds on the top of a pan of scalding hot water, turning so that both sides may be alike coagulated but not hardened; skim off, and put in islands on the top of the custard. When quite cold, drop bits of different colored jellies on the islands, and keep in a cool place till needed. Or put a spoonful of fruit jelly in the bottom of small glasses, and fill with the custard with a spoonful of the whites on top.

Peach Meringue.—Pare and quarter (removing stones) a quart of sound ripe peaches; place them in a dish that it will not injure to set in the oven, and yet be suitable to place on the table. Sprinkle the peaches with sugar, and cover them well with the beaten whites of three eggs. Stand the dish in the oven until the eggs have become a delicate brown, then remove, and when cool enough, set the dish on ice or in a very cool place. Take the yolks of the eggs, add to them a pint of milk, sweeten and flavor, and boil same in a custard kettle, being careful to keep the eggs from curdling. When cool, pour into a glass pitcher and serve with the meringue when ready to use.

To make Meringues (*Parisian formula.*)—Take the whites of eight eggs and put them in an agate or porcelain vessel; add one good half-teaspoonful of salt, and with an egg beater begin beating slowly, but gradually increase until stiff froth is obtained; should it become grainy beat briskly again, adding nearly three-quarters of an ounce of powdered sugar; ten minutes should be sufficient to make the dessert froth; remove the egg beater; have on a plate one and one-quarter pounds of powdered sugar, and with a spatula or spoon drop the sugar slowly and carefully; this should take about three minutes; flavor it well with any desired flavoring and it will be ready for use.

To make Apple, Peach, Pear or other Meringues.—Take twelve fine cooked apples; dress them on a dessert dish, filling the centers with raspberry, currant or other jellies. This decorate on top and all around with meringues made as in formula above. Sprinkle them moderately with powdered sugar; set dish on baking pan and set in moderate oven for about five or eight minutes, or until they are a light brown color; then take out and they are ready to serve. Treat peaches, pears and other fruits the same way.

Floating Island.—Four coffee cups of fresh milk, five ounces of sugar, five eggs. Heat the milk, then add the beaten yolks and one of the whites, together with the sugar. First stir into them a little of the milk to prevent curdling, then all of the milk Do not have the milk boiling. Cook it the proper thickness, remove from the fire, and when cool, flavor; then pour it into a glass dish and let it become very cold. Before it is served, beat up the remaining four eggs to a stiff froth, and beat into them three tablespoonfuls of sugar and two tablespoonfuls of currant jelly. Dip this over the top of the custard.

Rice and Fruit Dessert.—Steam a cupful of good well-washed rice in milk till tender. Prepare some tart apples by paring, dividing midway between the stem and blow ends, and removing the cores. Fill the cavities with quince or pineapple jelly; put the apples in a shallow stew pan with half a cupful of water, cover and steam till nearly tender. Put the rice, which should be very moist, around the bottom and sides of a pudding dish; place the apples inside, cover and bake ten minutes. Serve with cream flavored with quince or lemon.

Charlotte Russe.—Boil one ounce of gelatine in two tumblers of milk, and boil hard. Beat the whites and yolks separately of six eggs, adding to the yolks half a pound of loaf sugar, and stir them into the boiling milk long enough for them to thicken like a rich custard; then stir in the whites, beaten to a stiff froth.

Season with vanilla. Whip a pint of rich cream to a stiff froth, and stir into the custard. When cold, arrange your cake in the mold and pour in the mixture. Set it on ice.

Charlotte Russe.—Two cupfuls of thick cream, one cupful of milk, three eggs, half an ounce of gelatine. Whip the cream until very stiff and drain; then add the eggs, beaten very light, to the milk; sweeten and flavor to suit the taste. Steam in double boiler or over hot water until it is like a custard. Soak the patent gelatine in a very little water, and warm over boiling water. When the custard is very cold, beat in lightly the gelatine and the whipped cream. Line the bottom of your mold with buttered paper, the side with sponge cake or lady fingers fastened together with the white of an egg. Fill with the cream, put in a cold place or refrigerator. To turn out, dip the mold for a moment in hot water. In draining the whipped cream, all that drips through can be rewhipped.

Orange Charlotte.—Soak for two hours, in half a cupful of warm water, half a box of gelatine; add one and a half cupfuls of boiling water, and strain through a cheese cloth; then add one cupful of orange juice and pulp, the juice of one lemon and two cupfuls of sugar; stir about five or six minutes, then beat the whites of six eggs to a stiff froth and stir in; beat the whole together until very stiff. Stand up in cups or molds two or three sections of orange, pour on cream, and set on ice to cool.

Fruit Charlotte.—Make a steamed custard out of the yolks of three eggs, half a cupful of sugar, one pint of milk; flavor to taste. Lay in fruit dish a layer of sponge cake—first dip the cake in sweet cream—then put a layer of berries well sweetened, then another layer of cake and berries. Have the custard cold and pour it over this. Beat the whites of the eggs to a stiff froth and add three tablespoonfuls of sugar, and put this frosting over the top. Lay on top of the frosting a few of the nicest berries that you save out.

Bananas, cherries, strawberries, raspberries and all small fruits may be made in a Charlotte this way.

Orange Cream.—Pare and squeeze two oranges on a cupful of finely powdered sugar, with half a cup of water. Add four well-beaten eggs and beat all together some time. Strain the whole through flannel into a saucepan; set it over a gentle fire, and stir it one way until thick and scalding hot—not boiling, or it will curdle. If lumps of sugar are rubbed on the oranges before they are pared, the flavor may be extracted; or they may be grated. Serve as custard in jelly glasses.

Whipped Cream a la Vanilla.—Pour two cups of sweet cream into a vessel. Have a large dish pan containing chopped ice and a little water, and lay the basin on top. With a soft wire egg-whip beat the cream slowly at first, and increase in swiftness until it is a firm froth. Sweeten with two ounces of powdered sugar, and add a teaspoonful of vanilla flavoring, beating constantly. Let it rest, and use when needed. Remove all the superfluous milk which may be found with the cream before using it.

Lemon Cream.—Take a pint of thick cream, the yolks of two eggs well beaten, a cup of white sugar, and the rind of a lemon cut thin; boil it up, then stir it until almost cold; put the juice of a lemon in a dish, and pour the cream upon it, stirring well until cold. Serve in a large glass dish or in custard cups, either alone or with sweetmeats.

Creme Patissiere.—Pour two cups of cold milk into a saucepan, and place it on the stove. Mix in another vessel two ounces of powdered sugar with one ounce of flour and half an ounce of corn-starch. Break in two whole eggs, and beat well together with the whip for two minutes. When the milk is boiling add it to the preparation, and after stirring one minute longer, put it into another saucepan and place it on the stove. Beat well until it comes to a boil; then remove from the fire, and add immediately a teaspoonful of vanilla essence. Mix thoroughly again for one minute longer; then pour it into a bowl, and let it get cold.

Whipped Cream.—Whip to a stiff froth half a cupful of powdered sugar, three teaspoonfuls of vanilla, three cupfuls of rich sweet cream. Dissolve three-fourths of an ounce of best gelatine in a cupful of hot water, and when cool pour it in the cream and stir it gently from the bottom upward, cutting the cream into it, until it thickens. The dish which contains the cream should be set in another dish containing cracked ice. When finished, pour in molds and set on ice or in the refrigerator.

Fruit Cream.—Clean and pick off the hulls of a box of berries, bruise them in a basin with a cup of powdered sugar; rub this through a sieve, and mix with it a pint of whipped cream and one ounce and a half of Cox's gelatine; pour the cream into a mold previously oiled. Set it on ice, and when it has become firm, turn out on a dish.

Italian Cream.—Take two cupfuls of milk and soak half of a box of gelatine in it for an hour; place it on the fire and stir often. Beat the yolks of two eggs very light with one-half a cupful of sugar, stir into the scalding milk, and heat until it begins to thicken—it should not boil, or it will curdle; remove from the fire and strain through thin cheese cloth, and when nearly cold, flavor to suit the taste; then wet a dish in cold water and set in cool place.

Almond Cheese Cakes.—The yolks of three eggs well beaten, a quarter of a pound of bitter and quarter of a pound of sweet almonds, and a quarter pound of sifted sugar. The almonds must be pounded, but not very finely. The eggs should be beaten to a cream and the sugar mixed with them, and then the almonds added. To be put into tartlet tins lined with puff paste.

Fruit for Dessert.—Add a little water to the white of an egg and beat it well; dip the fruit in and immediately sprinkle it all over with powdered sugar. Then leave it for four or five hours, and serve with custard, loppered milk, or ice corn-starch pudding. Large and fair bunches of red and white currants make a charming dish in this way. Strawberries, blackberries, cherries or raspberries are either of them suitable.

Oranges with Jelly.—Cut from sound oranges a small circular piece from the stem end, and scoop out the pulp of the fruit; or cut the rind in the form of a basket; wash the peels in cold water, put them over the fire in boiling water with a little sugar, and boil them for five minutes; then cool them and fill them with jelly slightly softened by heat; after the orange rinds are filled with jelly it must be allowed to harden; the entire rind containing the jelly can then be cut in quarters or served whole. The effect is very pretty.

Cocoanut Cakes.—Scrape off the rind and grate the nut quite fine, and mix it with half its weight of finely pounded white sugar and the white of an egg. Drop the mixture on wafer paper in rough pieces the size of a nutmeg, and bake it in a moderate oven.

Snow Pyramid.—Beat to a stiff foam the whites of half a dozen eggs, add a small teacupful of currant jelly, and whip all together again. Fill half full of cream as many saucers as you have guests, dropping in the center of each saucer a tablespoonful of the beaten eggs and jelly in the shape of a pyramid.

Summer Fruits Mixed.—Take fine fresh strawberries, white and red currants, and white or red raspberries; strip them carefully from the stalks, and heap them high on a dessert dish in layers, strewing each layer with sifted sugar. Before serving lay thick cream entirely over the fruit, and gently stir them with a spoon when served. Some use instead of cream two wine glasses full of sherry, madeira or any other good white wine. Either currants or strawberries by themselves are good prepared in this way.

Lemon Drops.—Boil clarified syrup until it will crack when dropped in water; flavor it with lemon, then pour it in small drops on buttered paper and set aside to get cold.

Icing for Tarts.—Beat the white of an egg with a quarter of a pound of powdered sugar, and flavor with two spoonfuls of almond or lemon extract, stir them together one way till the mixture is quite thick, and then lay it on the tarts with a feather or a bunch of feathers; then let the tarts stand in a mild oven until hard, but not long enough to become discolored.

Apple Pique.—Peel and stew some apples, but do not let them break; place them in a glass dish half full of syrup, and put a piece of currant jelly on the top of each apple.

Cream Puffs.—For shells: A pint of boiling water; melt in it half a pound of lard, and, while boiling, stir into this three-quarters of a pound of flour. Boil until a thick paste is formed. The best way to boil it is to set one kettle in another, or a pail in a kettle of boiling water with the ingredients in the pail, as in boiling a custard. When thick take from the fire, and when cool add ten eggs and a little salt. Mix thoroughly and bake in a quick oven for twenty-five minutes; oven about as hot as for pies. This makes five dozen cakes. Drop with a spoon on buttered tins, some distance apart. When cool open carefully with a knife, and fill with mock cream, which is made as follows: One quart of milk, four eggs, three-quarters of a pound of white sugar, five ounces of flour, extract of vanilla to taste. Make a smooth paste of flour in some of the cold milk; put in a kettle of boiling water with all the milk; when thickened a little, add the eggs well beaten with the sugar. When creamy it is done. Take from the fire and add a little extract of vanilla. Do not use until cold.

Cream Meringues.—Have ready a large thick board which will go into the oven, covered with glazed letter paper; beat the whites of six eggs to a stiff froth, and gently mix with them half a pound of pulverized sugar, taking care not to break down the eggs; work very quickly and lightly, and as soon as the sugar is incorporated with the egg, heap the meringue so made upon the paper, either in two large mounds or in an even number of small ones, and push the board containing them into a very slow oven where the meringues will dry out rather than bake; if the oven is too hot leave the door open, and change the board frequently, so that the heat will strike its contents evenly. When the meringues are light brown, cool them a little, take them off the paper, turn them off on the hand, and, without breaking them, take out the soft center and press the rest back upon the outside with the bowl of a spoon to form a hollow shell; dust the inside with powdered sugar; lay the shells, bottom upward, on clean paper on the board, and place them in a cool oven to dry out. Fill them with whipped cream.

Orange Biscuits.—Grate the rind from five oranges, and put into a mortar with a quarter of a pound of sweet almonds, three-quarters of a pound of pounded lump sugar, and the whites of one or two eggs, and mix it well together with the pestle until it is very light. Drop the mixture, when ready, in small lumps about the size of a walnut on doubled paper laid on a baking tin, and put them into moderately hot oven. Do not drop them too near together on the paper, as they spread while baking. When they are baked take them out, and take them off the paper when they are cold.

Kisses.—Beat to a stiff froth the whites of six eggs, and stir in quickly a coffeecupful of powdered sugar; turn the dripping pan bottom side up in the oven, and cut some writing paper about two inches wide; place this paper on the dripping pan and drop on a tablespoonful of the mixture at a time; try and get them as near the same size as possible, and the shape of half an egg. Let them bake in slow oven for half an hour; as soon as they begin to color, remove from the oven and turn them carefully upon the table, and with a small spoon take out the soft part of the kisses and add it to the mixture to make more; lay the kisses once more in the oven to harden, and when required for use fill them with whipped cream flavored with vanilla or wine and sweetened with powdered sugar; to garnish them put a small bit of jelly on each one. Great care is necessary to make kisses successfully; the sweeter they are made the more crisp they will be, and they must be baked as soon as they are made, for if not the sugar will melt and they will run on the paper. For a variety, color some with cochineal, and when they are in the oven, ready to bake, sprinkle them with sugar and then with chopped almonds or currants. After removing the inside or soft part of the kisses they may be filled with jelly or jam, connecting them together with some of the mixture.

FANCY DESSERTS.

FROM THE FRENCH.

By request of many of my patrons, I have procured, at quite an expense, from one of the leading chefs of Europe who has catered in the households of many of the nobility of Europe, a few of his favorite formulas and fancy desserts, which involve but little expense and are perfectly practical. I have also procured the most famous method of making good coffee and tea, which not three in every ten housekeepers can do, and which can only be perfectly accomplished by following the exact proportions and given time.

The Royal Tower Cake.—This cake was very popular among the nobility during the reign of Napoleon III.

Have in readiness two pounds of good flour, one-quarter ounce of compressed yeast and one-quarter ounce of warm water. First take six ounces of the flour and put into a vessel, make a hollow in the center and put in the yeast and water mentioned; mix the yeast gently with the water for about four minutes, then mix all together slowly for about five minutes more. Cover the vessel with a towel and leave it in a warm place, but not on stove or range, about one-half hour. It will rise to twice its size. Lay the remainder of the flour on the table, make the hollow in the center and pour in two ounces powdered sugar and eight raw eggs; mix sugar and eggs well with the hands and add one-half pint cream and one-quarter pint good madeira or sherry wine; season with two teaspoonfuls very fine salt and mix well with the flour for six or eight minutes. Make a hollow in the center again and into this put three-quarters pound of good fresh butter and mix well again for three minutes; if the prepared yeast dough (which was allowed to stand thirty minutes) has risen to its proper height, mix the two pastes together for at least seven minutes, then return to the vessel and leave in the same warm place as described, and cover with towel as before. When it has stood one hour have in readiness one-quarter pound of currants, one-third pound of raisins and two ounces of finely chopped citron; then take a cylindrical copper or tin mold (greasing it first with cold butter) large enough to hold six pints. If the paste be now risen to twice its size mix in the currants, raisins and citron, stirring for about six minutes. Put all in the mold and set in a warm place (but not on the stove or range) for another twenty-five minutes; then place in a moderate oven for one hour. When it is a golden color remove and let it cool slightly; place a round dish over the mold, turn upside down, lift out the mold, and cover the cake with icing if desired. Those desiring to make a smaller cake can use one-half or one-quarter the quantity.

Creme a la Vanille Sauce.—Take the yolk of three eggs and put in a small vessel, with two ounces powdered sugar and one ounce of flour and a piece of vanilla bean the size of a lima bean; beat well together with egg beater for two or three minutes, and pour this all into a pint of boiling milk and beat again briskly with the beater until it boils once more; then remove from fire and add one-half gill of maraschino; beat again for one minute, after which it is ready for use.

Glace a la Francaise — A Splendid Icing for Cakes.—Put into a small vessel two ounces of granulated sugar and two tablespoonfuls of water, and allow this to come to a boil; remove and add at once two tablespoonfuls of curacoa, mixing well together, and put away in cool place (covered) ready for use.

Creme a la Anglaise—A Famous Sauce for Cakes.—Put in a small vessel three ounces of butter and one and one-half ounces of good flour. Place pan on a moderate fire, and with a silver spoon stir slightly for two or three minutes, adding three ounces of sugar, three ounces of white wine and six ounces of good milk; stir well again for two or three minutes, but don't allow it to come to a boil. Take pan from the fire, add three ounces of rum, stirring it slightly again. Pour the creme into the bowl ready for use.

French Apple Charlotte.—Peel and cut into quarters five nice large apples, put them in a saucepan with about two and one-half ounces of fresh butter and five ounces of powdered sugar, and place on a moderate fire; stir them around for two minutes, then pour over about one-third of a pint of white wine and grate in the peel of one-half of a large lemon. Cover the pan and let cook from eight to twelve minutes, so that the liquid is nearly all absorbed. Remove from fire and put aside to cool. Take a four-pint Charlotte mold, line it (beginning from the bottom) with very thin slices of bread spread on well with melted butter, using a small brush for the purpose, and sprinkle lightly over with powdered sugar. Be sure and have the bottom well covered with bread; then line the sides of the mold to the edge in the same way; fill the mold with the apples as described, and cover over completely with small thin layers of buttered bread as described. Set mold in a baking pan and place it in a brisk oven for three-quarters of an hour, or until the bread be a good golden color; then take out of oven, lay a hot dish on top of mold; turn it over to remove the mold. For sauce, heat in a pan three ounces of fruit marmalade or jelly with two tablespoonfuls of sugar and two of water, mix well and pour over Charlotte hot, and serve.

Macaroons a la Francaise (*very simple method.*)—Take the whites of four eggs and one pound of powdered sugar, and beat together so it will make a stiff icing as on outside of a cake; to this add one cup of nuts (blanched almonds), chopped as fine as possible, and a pinch of salt. Take a cake pan with small molds and run icings in molds, first having buttered paper at bottom of each mold; put in slow oven and bake until they are a golden color.

Grilled Almonds.—These are very delicious and are served at dinner with salted almonds, now so much in favor. Blanch and dry thoroughly a cupful of almonds. Boil a cupful sugar and four tablespoonfuls of water until it hairs; then put in the almonds. Let them fry in this syrup, stirring occasionally; they will turn a pale brown. Remove from the stove the instant the sugar changes color, and stir until the syrup has turned back to sugar, and clings to the nuts in various shapes.

Salted Almonds (*French formula*).—Blanch the almonds by dropping them into hot water; spread them on a dry towel, remove the skins and wipe them dry; put them in a biscuit tin and sprinkle with salt, same as for eating. Put tin in oven, closing the oven door; never leave them for an instant; at intervals of every one-half minute or so, open door and stir them, using the same operation as in browning coffee (the oven should be of the same degree of heat as in browning coffee). When they are sufficiently dried and have a nice light brown color, take them out of oven and mix with them a lump of good butter one-half the size of an egg to every one pound of nuts, and stir until butter is absorbed; place nuts in cans or jars, put on cover and put in dry place. You can use the same methods for salting peanuts and other nuts.

How to Peel and Pound Almonds.—Put the almonds into boiling water; let them soak three minutes; strain, and lay them in cold water to thoroughly cool. Drain well again, and peel by pressing each almond between the thumb and fingers. Then put them into a sieve, and place them at the door of a slow oven to dry for ten minutes. Now pound them gently in a mortar, stirring well to prevent them from getting oily, and taking care to pound them very fine for at least ten minutes. Lay them on a cold dish and use when needed.

Almond Macaroons.—Blanch a quarter of a pound of shelled almonds, pound them smooth in a mortar, adding two or three drops of rose water whenever the pounded almonds begin to look oily; when they are smooth, beat the white of one egg and mix it with the almonds; then beat two more whites stiff, mix them lightly with a quarter pound of powdered sugar, and add them to the whites and almonds already mixed; when the mixture is smooth, stir into it another quarter of a pound of powdered sugar; when the macaroon batter looks creamy, put it in little balls on paper slightly wet with a little brush; bake the macaroons in a slow oven until they are golden brown. It takes about twenty minutes. To remove them from the paper, moisten the table with cold water, lay the papers with the macaroons on same for a few minutes, and they will come off easily.

Peaches a la Creme.—Pare and stone some nice peaches and cut them into quarters. Take the yolks of three eggs, beat into a cupful of granulated sugar and two cups of milk. Put the peaches into this cream; put in an earthen dish and set in another vessel partially filled with boiling water, and bake until nearly firm. Then add the whites of the eggs, which have been beaten in a half cupful of sugar, until very stiff. Place back in the oven and bake a light brown.

Almond Cake Glace.—Put a quarter of a pound of powdered sugar and a quarter of a pound of butter into a bowl; beat well together with a spoon for ten minutes. Break in two eggs, beat well, and break in two more; continue beating, and break in two more (six in all), until well mixed together. Then grate in the peel of the third of a small lemon. Add two ounces of peeled and pounded almonds, and a quarter of a pound of flour. Mix gradually together for no longer than two minutes. Butter and sugar a round form holding one quart, and pour the preparation into it. Place it in a slow oven for one hour. See that it gets a good golden color. Take it out, let it get thoroughly cool, and remove from the mold. Lay it on a dish and brush with some nice glace and serve.

Glace Royale.—Take the white of one well-beaten egg and add into it one tablespoonful of good powdered sugar; add ten drops of lemon juice and beat well for about five minutes. When finished it should be very white and pulpy. This is very nice to cover cakes with.

Madeleine.—Rub the rind of two small lemons on a lump of sugar; crush it very fine with a roller, mixing three tablespoonfuls of powdered sugar with it. Put two ounces of this into a saucepan with two ounces of sifted flour, one egg yolk and two whole eggs, two tablespoonfuls of good brandy, and half a saltspoonful of salt. Stir all together well, and after two minutes, when the paste is well mixed, stir it again for one minute only. Put two ounces of good butter into a separate saucepan; as soon as the scum rises, stir it carefully for one minute and let it cool slightly. Then spread it well over a three-pint mold. Put the saucepan containing the preparation on a very slow fire; stir slightly to prevent it adhering to the bottom of the saucepan, and as soon as it becomes liquid take it off and fill the mold. Lay it in a moderately heated oven for forty-five minutes; remove and allow to cool.

Pate-a-Chou.—Put into a pan one pint of cold milk and four ounces of butter; place pan on the range; stir lightly with a spoon (always have spoon of silver or silver plated) and when it comes to a boil immediately add one-half pound of well sifted flour; stir briskly for two or three minutes, then stand the pan on a table; break in two eggs; mix sharply for two or three minutes more and break in two more eggs; mix sharply again as before, and repeat third and then fourth time in this manner, each time using two eggs.

Choux a la Creme, a la Empress Eugene.—Make a pate-a-chou as described above and put sauce into a pastry bag, and then press or pour it on a baking sheet so as to make ten or twelve round cakes of equal size and about two and one-half inches high. Ice the surface of each with an icing, and bake in a moderately warm oven for about thirty-five minutes; watch carefully, and when they are of a light brown color remove from oven and allow to cool for one-half hour. Then on side of each cake make incision about half way; fill the inside with a cream paste and close them again, and cover well with powdered sugar, and it is ready for use.

Eclairs a la Francaise.—Put into a pastry bag a tube sufficient to hold the quantity of pate-a-chou as described in page 464, and then press eclairs on a baking sheet, each one not over three or four inches long. Bake them in hot oven for twenty minutes. Then take out and let them cool, and then on each side of eclair make an incision, and with a spoon fill the interiors with a creme paste.

To Glaze Eclairs with Chocolate.—Take two pounds of granulated sugar and one-third of a pint of cold water, and mix in pan and place on hot stove and leave until sugar is thoroughly melted, and when boiling take from the stove and pour it gradually on a marble slab, on which it should be well spread. Let it cool off for about twelve minutes, then cut two and one-quarter ounces of cocoa in small pieces; put on pan and put on back of stove or range to melt, and with a silver spoon commence working the melted sugar on slab as rapidly as possible in all directions until it whitens; then add the melted cocoa, mixing it thoroughly again until it hardens; then detach the whole from marble slab as quickly as possible; put this in a vessel and cover with a damp towel, and let stand for one-half hour. Then place in a pan on a hot stove, and with a spoon mix thoroughly but slowly, until it is lukewarm, meanwhile adding a dessertspoonful of cold water; take the eclairs one by one with the hand, dip them in this mixture, lay them on a dish and let them cool off; they are then ready to serve. By keeping in a cool place and covered it will keep for several weeks.

Plum Pudding Glace a la Queen Victoria.—A favorite dessert among the royalty of England. Take one-third of a pound of raisins and place them in a jar, adding about two ounces of good sherry to them; also add to this one and one-quarter ounces of finely chopped citron, two and one-half ounces finely chopped candied citron, two and one-half ounces finely chopped candied apricots and four ounces of candied cherries cut in quarters, and mix well with silver spoon for two or three minutes. Cover the jar and stand for twelve hours. Have a little over a quart of chocolate ice cream ready in freezer, and then add the above mixture and stir well with a spoon for a few minutes; then put on cover of freezer and allow to freeze for six minutes longer. Take a two-quart melon mold and fill it with the above preparation, using a dipper; cover form well and put it in a bucket having broken ice and rock salt at the bottom, and fill up the pail with ice and salt and allow it to freeze for a couple of hours, and then take it out of the mold and serve.

Cream Paste a la Italian.—Put in a pan a quart of cold milk; put on a hot stove, and then in another vessel mix four ounces of powdered sugar, one ounce of corn-starch, two ounces flour; break into this four whole eggs, and mix well together with an egg beater for about three minutes; when the milk comes to a boil, add to the other mixture and stir for about two minutes longer, and then place on stove; beat well together until it comes to a boil, then remove pan from fire and add a dessertspoonful of vanilla; stir well again for another two minutes, then pour in a bowl and put in cool place.

Nougat a la Marseilles.—Put in a tin pan (covering bottom with a sheet of paper) about half a pound of blanched almonds that are perfectly dry, first cutting each one in four slices; put in warm place, but not on stove or range, then in a copper sugar pan put three-quarters of a pound powdered sugar and place on hot stove, and with a silver spoon stir constantly until sugar is dissolved. Avoid browning, remove from fire and add two drops of lemon juice; allow it to cool slightly for a few minutes, but stir constantly; then add the almonds. Mix all gently for a few minutes more. The nougat is then done and can be molded according to fancy.

Coffee a la Francaise.—(The coffee made from this formula received the prize at Paris Exposition.) To two-thirds of a pound of best roasted Java coffee mix one-third of a pound of best roasted Mocha coffee. The coffee must be freshly roasted, and it would be best to roast it yourself. Put same in an air-tight jar or crock until needed. For each person take one tablespoonful of this mixture and grind it in a mill—don't have it too fine. Take a clean French coffee pot, put the grounds on the filter of pot and cover filter with strainer, and for each tablespoonful of coffee used, pour over gradually four ounces of boiling water—be sure it is boiling. When all the water has slowly passed through filter, put on the cover. Allow the coffee pot to stand on the back of stove a few minutes to infuse slightly, but not to boil. Serve. The yolk of eggs can be used if desired; it is very important to follow the exact time and proportions.

Tea a la Francaise.—(The tea made from this formula has received the highest endorsement of the leading chefs.) To two ounces of the best breakfast tea procurable add just enough of boiling water in a tea pot (be sure the water is boiling) to completely cover tea, and let steep for one minute; then draw the water off, but don't use it; then pour over the tea from three to four pints of boiling water, according to the strength desired, and let it steep for five minutes more on back of stove, but not to boil, flavoring it with a little vanilla extract and a few drops of lemon juice; then serve with powdered sugar and cream.

Chocolate a la Francaise.—Pour one cup of boiling water into the chocolate pot and add six to eight ounces of best chocolate broken in fine pieces, set on stove, and stir well until all is dissolved; then add one quart of hot milk and allow to boil for about ten minutes, and it is ready to serve You can use one quart hot water instead of the milk.

Cocoa.—Take six to eight ounces of good cocoa and dissolve it in a little cold water until it is like a paste; stir this paste into a pot containing a pint of boiling water, and allow it to boil for about twenty minutes; add a pint of milk, and boil five or six minutes longer; stir frequently; sweeten to suit the taste.

Lady Fingers (*from the French*).—Beat well together one-half coffee cup of powdered sugar and the yolk of five eggs in a bowl. Beat constantly with a wooden spoon for five minutes; put the whites of the eggs into a basin and with a whip beat them to a stiff froth; add to the sugar and yolks one coffee cup of sifted flour; mix together gently for a moment and immediately add the whites; beat gently for one minute more and the preparation will be ready. Take a well-cleaned pastry bag, insert a No. 2 tube, and with a small skimmer pour the preparation into the bag. When it is all in, close the upper part of the bag very firmly and lay it aside for a few moments. Take two separate sheets of vanilla brown paper, each eighteen inches long by six inches wide; lay them on the table, one beside the other. Take hold of the lower part of the bag near the tube with the left hand, with the right hand press out the paste in proper shapes on the paper, and lay the paper in a baking pan and let rest for a few minutes; then put in a slow oven and bake from eighteen to twenty minutes, or until they are a light golden color. Remove them from the paper as directed for macaroons, page 463.

ICE CREAM AND WATER ICES.

Plain Ice Cream (without a Freezer).—Scald two quarts of fresh milk, add a pint of rich cream, stirring in three tablespoonfuls of corn-starch; stir well to keep from burning. Beat up four to eight eggs, according to convenience, and pour the scalding milk on the eggs, stirring well. When cold add sugar, essence of lemon or extract of vanilla to suit the taste, and a very little salt. Pour the cold contents into a deep tin pail or can holding about three quarts; put on the cover and set in an ordinary water pail. Pound up ice to the size of hens' eggs and less—some, of course, will be quite fine; pack it around the tin can, mixing in about one pint of either medium or fine salt; pack this till it reaches nearly to the top of the can containing the mixture to be frozen, but be careful none enters it. Now move the tin can or pail around by means of its bail, lifting the cover occasionally to scrape off the frozen cream on the inside, so that other portions may come in contact with the freezing surface. From twenty-five to thirty minutes will be sufficient, and the dish may be served up at once or set away, without removing from the wooden pail, in a cool place for several hours covered with a flannel cloth.

Cocoanut Ice Cream.—Take four cups of rich cream, two cups of milk, three eggs, one cupful and a half of sugar and one cupful of grated cocoanut, the rind and juice of a lemon. Beat together the eggs and grated lemon rind and put with the milk in a double boiler. Stir until the mixture begins to thicken. Add the cocoanut and put away to cool; when cool add the sugar, lemon-juice and cream. Freeze.

Ice Cream.—For a four-quart freezer take two and one-half quarts of milk and boil in it a small handful of Irish moss or one-half paper of gelatine. When cold add one quart of cream and the whites of four eggs beaten to a foam. Flavor with vanilla, beat the mixture for one-half hour and freeze.

Pineapple Ice Cream.—Take one common-sized pineapple, slice and bruise it, and sprinkle with pulverized sugar. Let it stand one-half hour or more to extract the flavor; then strain it into the cream. One pineapple is sufficient for four quarts of cream. Use one-half pound of sugar to each quart of cream. Freeze.

Strawberry Ice Cream.—For four quarts of cream take one quart of strawberries, bruise and sprinkle them with sugar, and then proceed as with pineapple. In using fruits always have enough to thicken the cream slightly and impart a good flavor.

Plain Ice Cream.—The sort of ice cream usually made at home is composed of milk with a small portion of cream, with eggs and sugar added to it; for instance, dissolve half a pound of sugar in a quart of milk, place it over the fire and let it heat to the boiling point; meantime beat three eggs to a cream, pour the boiling milk into them, and then return to the fire and stir it until it begins to thicken; then at once remove it from the fire, stir it until it is smooth; then flavor it, cool it, and when it is cool freeze it in the usual way.

Chocolate Ice Cream.—Beat two eggs very light, whip them with two cupfuls of sugar; heat two coffeecupfuls of milk and stir into the eggs and sugar a little at a time, mixing it well; add one-half a cupful of grated chocolate; place on stove and heat until it thickens, stirring all the time; then remove from the stove and set aside to cool; when cold, freeze.

Champagne Ice.—Have ready a freezer, as directed in the recipes for freezing ices and creams. Make a very strong, sweet lemonade and half freeze it, then mix with a quart bottle of good champagne after the lemonade is half frozen; close the freezer again quickly, and freeze the ice. In mixing the champagne with the lemon ice, open the champagne quickly, pour it at once into the freezer, close it without stirring it, because the mixer inside the freezer will do that, and then turn the freezer until the ice is hard enough to serve; the utmost expedition must be used in opening and mixing the champagne with the lemon ice, because its volatile gas escapes so rapidly; and the freezer must be kept closed and well packed with ice until the champagne ice is served.

Berry Ice.—Squeeze enough berries in a jelly bag to make a pint of juice; add a pint of water and a pint of sugar, let it come to a boil and stir into it the whites of three eggs beaten to a stiff froth; whip this mixture together thoroughly; when cool, freeze in the usual way. Currants, raspberries, strawberries or any juicy fruit can be done in the same way.

Water Ices.—The finer water ices are made up of syrup and fruit juice frozen; the syrup is prepared by boiling together four pounds of sugar, one quart of water, and the white of an egg beaten with them for ten minutes; the syrup is then strained and cooled; for ices a palatable mixture is made with fruit juice, and when it is half frozen the beaten white of one egg is added.

Lemon Ice.—Take the grated rind of three lemons and the juice of five large lemons, a large sweet orange, using both the juice and the rind; squeeze out all the juices first, and then steep in it the rind of the orange and lemons a couple of hours; then squeeze and strain through a cheese cloth, add two coffee cups of water and two cupfuls of sugar. Stir until dissolved, turn into a freezer, then proceed as for ice cream, only letting it stand longer—from two to two and one-half hours. When fruit jellies are used, gently heat the water sufficiently to melt them; then cool and freeze. Other flavors may be made by the same method, flavoring to suit the taste.

Orange Ice.—Use from two to three oranges, according to the size; to every quart of water add one pound of white sugar, the yellow skin of one orange and half the skin of one lemon grated; add also the juice of one-half a lemon to every two quarts of water; strain and freeze. More orange improves the flavor.

Iced Coffee.—One-half pint of strong coffee, one-half pint of rich cream, one-quarter pound of powdered sugar; freeze.

Roman Punch a la Francaise.—Take a quart of fruit syrup, and when about half frozen add the whites of three eggs beaten stiff and three-quarters of a coffee cup of sugar, also one glass of brandy and a glass of rum, and freeze as directed in ices. Use only powdered sugar, and you can use one coffeecupful if desired very sweet.

Roman Punch Glace.—Roman punch glace is made by adding to each quart of lemon ice made with syrup three whites of egg beaten stiff, and one glass each of brandy, champagne and maraschino, and then freezing it as described in ices.

Roman Punch.—Prepare the same as for orange or any fruit ice, and add brandy or Jamaica rum before freezing. About a half coffee cup of liquor to each quart of fruit ice is the proper proportion, and when ready to serve moisten each glass with a teaspoonful of the liquor used.

FROM THE FRENCH.

Peach Ice Cream.—Put in a basin one coffeecupful of powdered sugar with six egg yolks, then mix well for ten minutes; add two cupfuls of boiling milk, stir for two minutes longer. Place it on a hot stove, and heat it thoroughly, stirring continually, but not letting it boil; remove, lay it on the table, and mix in immediately two cupfuls of sweet cream; then leave it to cool for about half an hour. Take six ripe sound peaches, wipe them nicely, cut them in slices, remove the stones, then mash them into the cream, mixing thoroughly for three minutes; strain through a fine sieve into a freezer, pressing the peaches through with a wooden spoon, then proceed to freeze. Other fruit ice creams can be made in the same way.

Tutti-Fruitti a la Francaise—Fruit Ice Cream.—Have in separate freezers one-half pint each of strawberry ice cream and lemon water ice, and a pint of vanilla ice cream; then take one-quarter pound of candied cherries and two whole candied apricots; then cut both cherries and apricots in small pieces and lay on a plate. Take one-half dozen tutti-fruitti molds, open each one and lay on cover of each mold a spoonful of strawberry ice cream and lemon water ice, one beside the other; put one-sixth part of the candied fruits into the ice cream on the cover of each mold, and then fill the bottom of each mold with vanilla ice cream; inclose them firmly, put them at once in a pail having broken ice and rock salt at bottom, and cover pail entirely with broken ice and salt, letting freeze for one hour; at the expiration of that time have a vessel of warm water ready, lift out the molds, wash them off quickly with the water, take out the cream, and put on dessert plates ready to serve.

Lemon Ice Cream.—Put one coffeecupful of powdered sugar into a vessel; grate in the rind of two lemons, add the whites of four eggs. Beat well with a whip for two minutes, then add a pint of cold milk, stirring again for one minute. Place the basin on the hot stove, stir briskly with the whip, and take it off when coming to a boil, lay it on the table, and pour in a pint of sweet cream, mixing well for two minutes. Let it cool for half an hour, then strain through a fine sieve into a freezer, and freeze well and solid.

Napolitaine Ice Cream.—Take a pint each of vanilla and strawberry ice cream and a pint of raspberry water ice, or other fruit ice if preferred. Take a brick form holding three pints, put at the bottom of this the raspberry water ice, arrange the vanilla ice cream on top, and fill up with the strawberry; then cover tightly. Take a pail with broken ice mixed with rock salt at the bottom, lay the form over, and fill up the pail with more ice and salt, and let freeze for two hours. Plunge the form in warm water to wash off the ice and salt, and unmold the ice cream onto a piece of paper laid on the table. Dip knife in warm water, cut the brick lengthwise through the center, then each piece into three, so that the Napolitaine will be divided into six equal-sized square pieces, each one having the three kinds of cream, and serve.

If desiring to form any of the ice creams into "bricks," proceed as directed in Napolitaine ice cream.

Cherry Water Ice.—Select one pound of nice solid sour cherries; put them in a vessel, after picking off the stems nicely, with one coffeecupful of powdered sugar, and squeeze in the juice of three fine lemons. Mix well with wooden spoon for five minutes, then add a quart of cold water, stirring the mixture for two minutes longer, and strain through a fine sieve into the ice cream freezer, pressing the cherries down with a wooden spoon. Proceed to freeze in the usual manner. Other fruit ices can be made by the same method.

Punch a la Royale.—Put in a bowl one cupful of powdered sugar, squeeze in the juice of three fine sound large lemons and the juice of a good large orange, and mix thoroughly together for three minutes. Add one cupful of cold water, half a cupful of kirsch, and stir for five minutes more; then strain through a fine sieve into the ice cream freezer, remove the sieve, and pour into the freezer half a gill of fine rum, two tablespoonfuls of fine French cognac, and one cup of champagne. Cover immediately with the lid, and place the freezer in an ice cream tub, filling the latter all round with broken ice mixed with rock salt; then with the handle on the cover turn as rapidly as possible three or four minutes; wipe the cover neatly, uncover, and with a wooden spoon detach the punch from the sides of the freezer, as also from the bottom; cover again, turn the handle for three or four minutes more, uncover, detach the punch as before; cover, and repeat this three times. Fill six punch glasses with the punch, arrange them on plates, and serve. Always use a clean wooden spoon for mixing.

CANDIES.

To made Fondant, which is the Foundation of all French Candies.—Make a syrup of one pound of sugar to one small cup of water, stirring only to mix. When boiled ten minutes, dip fork in to see if it hairs. Take care not to stir syrup after it boils. When just cool enough to dip in your fingers, beat as rapidly as possible; when too stiff to beat longer, work with hands like dough, so it has a perfect smooth foundation, and lay away until ready to use. Then when you wish to make the cream of French candies, melt the fondant in a cup, standing cup in boiling water. Stir constantly till like cream; then remove cup from hot water; then take nuts or fruit, dip in this cream, and lay on waxed paper until perfectly dry, and then put away in boxes, in layers. The sugar to use in making French candies is the confectioners' decorating sugar, which is the fine powdered.

To make Walnut Cream Candy, Dates and Fruit Creams.—Take the white of an egg, as much water as egg, add a little salt, and a little vanilla and a little brandy, stir (*not beat*) into this enough of the sugar mentioned to form a cream, or until a fork will stand up straight in it. Then just place a little on kernel of nuts on each side and press gently. Take stone from date and do in same manner. Other fruits can be treated in the same manner.

Nut Creams.—Make the French cream, and before putting all the sugar into it add the nuts, and when done form them into balls. Hickory nuts, butternuts, walnuts or almonds may be used, or several kinds of nuts may be mixed together.

Molasses Candy.—Two cupfuls of molasses, one of sugar, one tablespoonful of vinegar, a piece of butter size of a walnut. Boil briskly and constantly for twenty minutes, stirring all the time. When cool enough, pull it quickly till it is white.

Strawberry Cream.—Take a teaspoonful of stawberry jam, and stir into it enough confectioners' sugar to make a thick paste; roll it into balls, put a lump of French cream into a cup, and set the cup in a basin of boiling water, and stir it until it melts. Put a few drops of the strawberry juice into the cream to make it a pale pink, being careful not to use too much, as it will prevent the cream from hardening. Now dip the little balls into the cream giving them two coats. Lay them on buttered plates to harden. Remember, the melted cream must be kept stirred, or it will turn to clear syrup.

Chocolate Creams.—Four cupfuls of powdered sugar, one cupful of water, boil hard eight minutes, flavor while hot, and stir to a cream. Grate some chocolate, and set it over the tea kettle (a little at a time) to dissolve. Then form the cream into balls, and roll on the chocolate; or, spread a thin layer of chocolate on buttered paper, lay the balls of cream on that, and with a spoon turn some chocolate over them.

Chocolate Caramels.—Take of grated chocolate, milk, sugar, molasses, one cupful of each, piece of butter size of an egg; boil until it drops hard; pour in buttered dish and before it cools mark off in square blocks.

Candy Drops.—One pint sugar, one-half pint water; boil until it cracks when dropped in cold water; flavor with lemon or peppermint, drop in small drops on buttered paper.

Roley Poley Candy.—Take four cupfuls of coffee sugar, with just enough vinegar to moisten it, and butter large as a walnut; boil until it hardens but not until it is brittle. Remove from the fire and beat it with a spoon eight or ten times; then stir in the fruit and nuts. Pour into a wet cloth and roll it up like a jelly cake; twist the ends of the cloth well so that it will form a mold.

Set it away and when cold slice it up as it may be wanted. For this amount of candy use one-half a pint of chopped citron, one-half a pint of stoned raisins, one-half a pint of blanched almonds, one-half a pound of chopped figs, and one-half a pint of hulled peanuts.

Cream Candy.—One pound loaf sugar, one cupful of water, one-half teaspoonful of cream of tartar, two teaspoonfuls of vanilla, two teaspoonfuls of vinegar, butter size of an egg, boil until it hardens when dropped in cold water. When cool pull as you would other candy.

Raspberry Drops.—Use raspberry juice instead of water to moisten the sugar; put in a pan and heat; do not let it boil; then put in a very little more sugar, and let it warm with the rest a moment; then drop it upon buttered paper; while heating stir constantly. Drops of this kind may be made from all kinds of berries.

Butter Scotch.—Five tablespoonfuls molasses, four tablespoonfuls sugar, four tablespoonfuls of water, two tablespoonfuls butter; let boil until when dropping a little in cold water it will be brittle. Put in a pinch of soda before taking off the stove, pour on buttered plates and when cool enough mark in squares.

Cream Candy.—One pound white sugar, one cup water; stir on the stove until dissolved; let it boil. When done it will snap if dropped in cold water. Do not stir after the sugar is dissolved. When done turn out on buttered plates. Set over cold water. When it is cool enough to handle pull quickly with the fingers until brittle. Season with vanilla, put in when cooling.

Fig Candy.—Boil until it colors one-third of a cupful of water, one cupful of sugar. Do not stir while boiling, but just before taking from the stove stir in one-quarter a teaspoonful of cream of tartar. Dip the figs in this syrup and lay on buttered plates to dry.

Cream Candy.—Two cupfuls of white sugar, one cupful of light brown sugar, one-half cupful of vinegar filled with cold water; boil as you would molasses candy. A few minutes before taking it off the stove add one tablespoonful of baking powder. Flavor with vanilla. Cool, and pull.

Sugar Candy.—Take three cupfuls of powdered sugar, two-thirds of a cup of water, one-half cupful of vinegar. Boil (but do not stir) till it will harden by being dropped in water. Take it from the stove, and flavor with lemon juice or extract of lemon. Spread on pans; and, when cool, pull till it is white.

Honey Candy.—Three cupfuls of sugar, one cupful of water, three tablespoonfuls of honey.

Taffy.—Melt in a stew pan three ounces of butter, one pound moist sugar. Stir well over a slow fire, boil fifteen minutes. Pour out on a buttered dish and mark in squares.

Molasses Candy.—One-half pound of sugar, one-quarter pound of butter, one quart of molasses; boil until it will crack by dropping a little in cold water. Pour out on buttered dish; when cool it can be pulled until white.

Chocolate Caramels.—One cupful of milk, one cupful of brown sugar, one cupful of molasses, one cupful of grated chocolate; add a piece of butter of the size of a walnut, and boil all together, without stirring, until done. Test it by dropping a little in cold water.

Caramels.—One and one-half pounds of brown sugar, one scant quarter of a pound of butter, three-quarters of a cake of Baker's chocolate, and one cupful of milk. Boil it twenty minutes. As you take it off, add two tablespoonfuls of vanilla, pour it on buttered dishes, and cut it in squares after the surface is a little cool.

Maple Caramels.—One pound of maple sugar melted in a cup of sweet milk, add one tablespoonful of butter, boil until when a little is dropped in cold water it will be almost brittle. Turn out on buttered plates, and when cool enough mark in squares.

Fruit Creams.—Raisins seeded, currants, figs and citron, chopped fine, and mixed with the uncooked "French Cream," while soft, before the sugar is all mixed in, makes a delicious variety.

Cocoanut Caramels.—Two cupfuls of sugar, with enough water to boil it. When ready to take off, put in one cupful of cocoanut, with a small piece of butter. Flavor with vanilla.

Cocoanut Balls.—Two cupfuls of grated cocoanut, one cupful of powdered sugar, two tablespoonfuls of flour, whites of two eggs. Roll in small balls, and bake quickly.

Lemon Drops.—Pour enough lemon juice over one-half a pound of powdered sugar to dissolve it, put it in a pan and boil to a thick syrup; drop a little in cold water and when it is brittle it is done. Then drop on buttered plates in small drops and set away to cool and harden.

Kisses.—The whites of four eggs beaten to a stiff froth, stir in enough pulverized sugar to form a stiff paste, and two teaspoonfuls of the extract of lemon. Drop upon new tins buttered as lightly as possible. Drop the size of a half dollar. When done, let them stand a short time before slipping off.

Butter Scotch.—Take one pound of sugar and one pint of water; dissolve, and boil. When done, add one teaspoonful of butter, and enough lemon juice and the oil of lemon to flavor.

Variegated Cream Candy.—Make a cream fondant (see page 476), and divide into three parts, leaving one part white, color one pink, and the third part color brown with chocolate, which is done by just letting the cream soften and stirring in a little finely grated chocolate. The pink is colored by dropping in a few drops of cochineal syrup or berry juice while the cream is warm, and beating it in. Take the white cream, make a flat ball of it and lay it upon a buttered dish, and roll it out flat until about half an inch thick. If it does not work easily, dip the hand in alcohol. Work the other in the same way as the white and lay it upon the white; then the chocolate in the same manner, and lay upon the pink, pressing all together gently. Trim the edges smooth, leaving it in a nice square cake, then cut into slices or shaped as you prefer. It is necessary to work all rapidly to insure success.

To prevent Syrups for Making Candies from Burning while Boiling.—To avoid this put in your vessel with any of the above compounds three or four agate or white stone marbles; the heat will keep them rolling and prevent the scorching or burning which often happens, and this does away with the constant stirring.

To prevent Sugar and Fruit Syrups, also Molasses, from Overflowing or Rising too high.—Butter well the inside of a vessel, about two inches from the top; this will prevent the syrup from rising higher than where it is buttered.

Candies Without Cooking.—Many candies and confections are made without boiling. The method is very simple and they are equal to the best. The secret lies in the sugar used, which should be powdered or confectioners' XXX sugar. Powdered has a decided grain, but the confectioners' sugar is fine as flour.

To crystalize fruits and nuts, see page 92.

The French methods of candying fruits and making marron glace (candied chestnuts), see page 91.

The French method of boiling syrups for candies and other confections, see page 90.

In boiling syrups for confections, when done they should be taken from the fire and bottom of vessel set in ice water; this will prevent sugar from discoloring.

Burned Sugar.—Put in a small iron pan one pound of granulated sugar, place over a slow fire and allow to burn thoroughly for about one-half hour. Take from fire and allow to cool for about five minutes. Then add two coffeecups of boiling water and stir thoroughly with iron spoon. Place the pan on the stove and boil five minutes more; strain the sugar through a fine sieve and when perfectly cold put in fruit jars and seal. This will keep for weeks.

FOOD FOR THE SICK.

The preparation of food for the sick and convalescent requires skill and great care. As the purpose of food is to supply the material for remedying the waste which continually takes place in the human system, hence it follows that the food should be selected for its nutritive value. In illness and convalescence, as the waste is often greater and the vital power less active, it is of the greatest importance that such food should be selected, and also properly prepared, which gives the greatest amount of nutrition. It should also be palatable and easily assimilated.

Nor does it always follow that the most nutritious food is the best to be given in times of sickness. As food may contain all the elements of nutrition which would be wholesome for those in good health and yet not be the proper food for the sick, for the reason that its proper conversion into blood and tissue depends a great deal upon the digestive organs, it should be a part of the education of every mother and housekeeper to be able to discriminate as to the proper food and the required amount to be given in time of sickness; and when this is not the case the physician's orders should be strictly followed.

There can be no special dishes that would suit for all cases. While tea, jellies, buttered toast and other dainties might be the proper food to serve in some cases, they might again be the worst articles of diet that the patient could take.

The lightest and simplest foods are considered the best, and should be served in small orders and in a dainty manner, so as to be more appetizing to the invalid.

The seasoning of the food should be varied according to the condition of the patient. The convalescent can be served with nicely broiled steak or mutton chop, chicken, fish, well-cooked gruel, plain puddings or any light foods that are easily digested. In the use of all milk foods the condition of the patient should be considered, as long cooking makes the milk constipating; and if the patient should be constipated the milk should only be heated to the boiling point.

GRUELS FOR THE SICK.

These are some of the most important articles of diet for the sick, and great care should be exercised in the preparation of them. Some of the manufactured compounds now on the market, whose chief merit is that they can be cooked in a few minutes, should be avoided. As grains and cereal foods require long cooking, when done they should possess all the nutritive qualities of the grain and be easily assimilated.

The preparation and cooking of grains and cereal foods, as given in this volume, headed Grains and Cereal Foods, should be strictly followed. All grains and cereal foods should be eaten with wafers, toast or other hard food, if allowed.

Barley Gruel.—Wash three heaping tablespoonfuls of pearl barley, drop it into a pint of boiling water and parboil five minutes. Pour this water off and add a quart of fresh boiling water. Let it simmer gently for three hours; strain, season and serve. A small piece of lemon rind added to the gruel half an hour before it is done gives it a very agreeable flavor. Equal quantities of milk and barley gruel make a very nourishing drink; the milk, however, should not be added to the gruel until needed, as in a warm atmosphere it undergoes quite a rapid change and is likely to ferment.

Farina Gruel.—Moisten two tablespoonfuls of farina with a very little cold milk, and stir it into a cupful of boiling water. Boil until it thickens, add a cupful of new milk, turn into a double boiler, and cook again for twenty or thirty minutes. Strain if necessary; season with salt or sugar, and serve.

Oatmeal Gruel.—Put four tablespoonfuls of the best grits (oatmeal coarsely ground) into a pint of boiling water. Let it boil gently and stir it often till it becomes as thick as you wish it. Then strain it and add to it, while warm, butter, wine, nutmeg, or whatever is thought proper to flavor it. Salt to taste.

If you make the gruel of fine oatmeal, sift it, mix it first to a thick batter with a little cold water, and then put it into the saucepan of boiling water. Stir it all the time it is boiling, lifting the spoon gently up and down, and letting the gruel fall slowly back again into the pan.

Flour Gruel.—Rub one heaping tablespoonful of whole-wheat flour to a thin paste with three tablespoonfuls of cold milk, and stir it into a pint of boiling milk. Cook for ten or twelve minutes. Season with salt, strain if necessary, and while hot stir in the beaten white of one egg. The egg may be omitted if preferred; or the yolk of the egg and a little sugar may be used instead, if the patient's condition will allow it.

Gluten Meal Gruel.—Into a cup and a half of boiling water stir four tablespoonfuls of gluten meal; let it boil for a moment, add six tablespoonfuls of rather thin sweet cream and serve.

Gruel.—This simple refreshment is invaluable in sickness, and is made with little trouble and less expense, yet it is scarcely ever prepared exactly right. One tablespoonful of fine Indian meal or oatmeal mixed smooth with cold water and a saltspoonful of salt; pour upon this a pint of boiling water and turn into a saucepan to boil gently for half an hour; thin it with boiling water if it thickens too much, and stir frequently; when it is done a tablespoonful of cream or a little new milk may be put in to cool it after straining, but if the patient's stomach is weak it is best without either.

Corn-meal Gruel.—Two tablespoonfuls of fine Indian meal mixed smooth with cold water and a saltspoonful of salt; add one quart of boiling water and cook twenty minutes. Stir it frequently, and if it becomes too thick, use boiling water to thin it. If the stomach is not too weak, a tablespoonful of cream may be used to cool it. Some like it sweetened and others like it plain. For very sick persons let it settle, pour off the top and give without other seasoning. For convalescents, toast a piece of bread as nicely as possible, and put it in the gruel with a tablespoonful of nice sweet cream and a little ginger and sugar. This should be used only when a laxative is allowed.

Egg Gruel.—Heat a cup of milk to boiling, and stir into it one well-beaten egg mixed with one-fourth cup of cold milk; stir constantly for a few minutes till thickened, but do not allow it to boil again. Season with a little salt, or if preferred and allowed, a little loaf sugar.

Arrowroot Milk Porridge.—One large cupful of fresh milk, new if you can get it; one cupful of boiling water, one teaspoonful of arrowroot wet to a paste with cold water, two teaspoonfuls of white sugar, a pinch of salt. Put the sugar into the milk, the salt into the boiling water, which should be poured into a farina kettle. Add the wet arrowroot and boil, stirring constantly until it is clear; put in the milk and cook ten minutes, stirring often. Give while warm, adding hot milk should it be thicker than gruel.

MILK DIET.

Milk diet is of great advantage in cases of sickness. It is generally necessary to begin the use of milk in small quantities and gradually increase them. Milk is easily digested, and can be taken oftener than any other article of food.

Hot Milk.—Hot milk is an excellent food for many classes of invalids. The milk should be fresh, and should be heated in a double boiler until the top is wrinkled over the entire surface.

Milk Porridge.—Same as arrowroot, except that it should be all milk and thickened with a scant tablespoonful of sifted flour; let it boil five minutes, stirring it continually; add a little cold milk, give it one boil up, and it is ready for use.

Albumenized Milk.—Shake together in a well-corked bottle or glass fruit jar a pint of fresh milk and the well-beaten whites of two eggs, until thoroughly mixed. Serve at once.

Milk and Lime Water.—In cases where milk forms large curds, or sours in the stomach, lime water prepared in the following manner may be added to the milk before using: Into a gallon jar of water put a piece of lime the size of one's fist. Cover the jar and let the lime settle over night. In the morning draw the water off the top with a siphon, being careful not to move the jar so as to mix again the particles of lime with the water.

Milk and Pepsin.—Heat a cup of fresh milk to eighty-five degrees, add one teaspoonful of the essence of pepsin, and stir just enough to mix thoroughly. Let it stand until firmly curded, and serve.

JELLIES AND DESSERTS FOR THE SICK.

Chicken Jelly.—Cook a chicken in enough water to little more than cover it; let it stew gently until the meat drops from the bones and the broth is reduced to about a pint; season it to taste with a little salt and pepper. Strain and press, first through a colander, then through a coarse cloth. Set it over the fire again and cook a few minutes longer. Turn it into an earthen vegetable dish to harden; set it on the ice in the refrigerator. Eat cold in slices. Nice made into sandwiches, with thin slices of bread lightly spread with butter.

Arrowroot Jelly.—Rub two heaping teaspoonfuls of arrowroot smooth in a very little cold water, and stir it into a cupful of boiling water, in which should be dissolved two teaspoonfuls of sugar. Stir until clear, allowing it to boil all the time; lastly, add a teaspoonful of lemon juice. Serve cold, with cream and sugar if allowed.

Calves'-foot Jelly.—Boil four nicely cleaned calves' feet in three quarts of water until reduced to one, very slowly; strain and set away until cold, then take off the fat from the top and remove the jelly into a stew pan, avoiding the settlings and adding half a pound of white powdered sugar, the juice of two lemons, and the whites of two eggs—the latter to make it transparent. Boil all together a few moments and set away in bowls or glasses; it is excellent in a sick-room.

Iceland Moss Jelly.—Wash about four ounces of moss very clean in lukewarm water. Boil slowly in a quart of cold water. When quite dissolved, strain it onto a tablespoonful of currant or raspberry jelly, stirring so as to blend the jelly perfectly with the moss. Turn into a mold and cool.

Iceland Moss Blanc-Mange.—Substitute milk for the water, and proceed as in the foregoing. Flavor with lemon or vanilla. Strain through a muslin cloth, turn into a mold, and let stand till firm and cold.

Tapioca Jelly.—Soak a cupful of tapioca in a quart of cold water, after washing it thoroughly two or three times; after soaking three or four hours, simmer it in a stew pan until it becomes quite clear, stirring often; add the juice of a lemon and a little of the grated peel, also a pinch of salt. Sweeten to taste. Wine can be substituted for lemon, if liked.

CUSTARDS AND PUDDINGS FOR THE SICK.

White Custard.—Beat the whites of three eggs to a stiff froth, add a little salt if desired, and two tablespoonfuls of sugar. A bit of grated lemon rind may also be used for flavoring. Add lastly a pint of new milk, little by little, beating thoroughly all the while. Bake in cups, set in a pan of hot water. When firm in the center, take out and set in a cool place.

Invalid Cup Pudding.—One tablespoonful of flour, one egg; mix with cold milk and a pinch of salt to make a batter. Boil fifteen minutes in a buttered cup. Serve with sauce, fruit or sugar.

Tapioca Cup Pudding.—This is very light and delicate for invalids. An even tablespoonful of tapioca soaked for two hours in nearly a cup of new milk. Stir into this the yolk of a fresh egg, a little sugar, a grain of salt, and bake in a cup for fifteen minutes. A little jelly may be eaten with it, if allowed, or a few fresh strawberries.

Boiled Rice.—Boil half a cupful of rice in just enough water to cover it, with half a teaspoonful of salt; when the water has boiled nearly out and the rice begins to look soft and dry, turn over it a cupful of milk, and let it simmer until the rice is done and nearly dry; take from the fire and beat in a well-beaten egg. Eat it warm with cream and sugar. Flavor to taste.

Arrowroot Blanc-Mange.—Rub two and a half tablespoonfuls of best arrowroot smooth in half a cup of cold milk, and stir slowly into two and one-half cups of boiling new milk. When it begins to thicken, add three-fourths of a cup of sugar and cook, stirring constantly for several minutes. Turn into molds and cool. Serve with fruit juice or fruit sauces.

BEEF TEA AND BROTHS FOR THE SICK.

Chicken Broth.—Select a nice spring chicken, cut it into very small pieces, cracking all the bones. Add cold water, about a quart to each pound of meat and bone, and cook the same as beef tea. Allow the broth to cool before serving. Always skim off all particles of fat before reheating. If desired a tablespoonful of steamed rice may be added to the broth, or a well-beaten egg may be stirred in the broth just before serving.

Veal or Mutton Broth.—Take a scrag-end of mutton (two pounds), put it in a saucepan with two quarts of cold water and an ounce of pearl barley or rice. When it is coming to a boil skim it well, then add half a teaspoonful of salt; let it boil until half reduced, then strain it and take off all the fat, and it is ready for use. This is excellent for an invalid. If vegetables are liked in this broth, take one turnip, one carrot and one onion, cut them in shreds and boil them in broth half an hour. In that case the barley may be served with the vegetables in broth.

Beef Broth and Oatmeal.—Rub two tablespoonfuls of oatmeal smooth in an equal quantity of cold water, and stir into a quart of boiling beef broth. Cook in a double boiler for two hours and strain. Season with salt and a little cream if allowed.

Vegetable Broth.—Pick over and wash a cup of dried peas, and put to cook in a quart of cold water; cook slowly in a double boiler or in a kettle placed on the range where they will just simmer, until but a cupful of liquid remains. Strain off the broth, add salt and one-third of a cupful of the liquor, without pulp, from well-stewed tomatoes. Serve hot.

Chicken Panada.—Take a cupful of white meat of chicken pounded to a paste in a mortar, and half a cup of whole-wheat crust or zwieback crumbs. Add sufficient chicken broth to make a thick gruel. Season with salt, boil up for a few minutes, and serve hot.

Clam Broth.—Select twelve small hard-shell clams, drain them and chop them fine; add a cupful of clam juice or hot water, a pinch of cayenne and a little butter; simmer thirty minutes; add one-half cupful of boiled milk, strain and serve.

Beef Juice.—Cut a thick slice of round steak, trim off every particle of fat and broil it over a clear fire just long enough to heat it throughout. Next gash it in many places with a sharp knife, and with the aid of a beef-juice press or lemon squeezer press out all the juice into a bowl set in hot water; salt but very slightly, remove all globules of fat, and serve. This may also be frozen and given the patient in small lumps, if so ordered.

Beef Tea.—Take a pound of fresh, lean, juicy beef of good flavŏr (the top of the round and the back and middle of the rump are the best portions for the purpose), from which all fat, bones and sinews have been carefully removed; cut into pieces a quarter of an inch square, or grind in a sausage cutter. Add a quart of cold water, and put into a clean double boiler. Place over the fire and heat very slowly, carefully removing all scum as it rises. Allow it to cook gently for two or three hours, or until the water has been reduced one-half. Strain and put away to cool. Before using remove all fat from the surface and season. In reheating, a good way is to place a quantity in a cup and set the cup into hot water until the tea is sufficiently hot. This prevents waste, and if the patient is not ready for the tea it can be easily kept hot in this way.

Beef Tea and Eggs.—Beat the yolk of an egg thoroughly in a tea cup and fill the cup with boiling beef tea, stirring all the while. Season with a little salt if desired.

TOAST FOR THE SICK.

Soft Toast.—Some invalids like this very much indeed, and nearly all do when it is nicely made. Toast well, but not too brown, a couple of thin slices of bread; put them on a warm plate and pour over boiling water; cover quickly with another plate of the same size, and drain the water off; remove the upper plate, butter the toast, put it in the oven one minute, and then cover again with a hot plate and serve at once.

Oyster Toast.—Make a slice of dry toast, butter it and lay it on a hot dish. Put six oysters, half a teacupful of their own liquor and half a cupful of milk into a tin cup or basin, and boil one minute. Season with a little butter, pepper and salt, then pour over the toast and serve.

Egg Toast.—Make a soft toast, and have ready one or more fresh eggs which have been boiled twenty minutes; remove the shells, cut them in slices and place upon the toast, with a little butter, pepper and salt. Without the butter they may be eaten with impunity by the most delicate invalid, as an egg cooked for twenty minutes is really more easy of digestion than one that is technically boiled soft.

Panada.—Break up three arrowroot crackers into small pieces; pour upon them boiling water and cover close for a minute, then add a teaspoonful of white sugar and a little pure milk. It is an excellent breakfast or supper for a child or an invalid. Instead of the milk, the juice of a lemon may be squeezed in and another teaspoonful of sugar added.

PROPER FOOD FOR INFANTS.

As artificial foods require a longer time for digestion than the food supplied by nature, great care should be exercised in feeding infants; for it is absolutely necessary that the digestive organs should have the required interval of rest between the digestion of one meal and the taking of another. When fed upon artificial food, once every five or six hours is sufficient; and when using human milk, once every three or four hours.

It is a sad and significant fact that at least half the children at the present time are deprived of their proper sustenance and left to the tender mercies of wet nurses or the bottle. Between the two evils it is difficult to say which is the least; but unless a superior nurse can be found—one intelligent and thoroughly clean in her personal habits—we should say, choose the last and bring it up by hand.

It is the opinion of the best physicians, and the conviction is borne out by every mother's experience, that the moral, mental and spiritual, as well as physical condition of a child is greatly influenced during its nursing period. Mothers who nurse their own children know that it is of the greatest importance to the quiet and healthful condition of the child that they should be free from all sources of agitation, anxiety and irritability. Overwork, giving way to fretfulness or being subjected to the unreasonable temper and caprices of others, frequently induces a state of mind that shows itself plainly in the uneasiness and disquiet it produces in the infant, and would be seen with still greater distinctness were women accustomed to trace results more strictly to their causes.

If this is the case with the mother, if her mental and spiritual condition finds itself reflected so minutely in the lights and shadows of the little life which is dependent upon her, why should it not receive a coloring from the milk which it derives from a dull, coarse, appetite-loving wet-nurse of the ordinary stamp? Two-thirds of these nurses make a necessity of strong tea and coffee and malt liquor two or three times a day; they are often anything but scrupulous in their personal habits, and so accustomed to the exercise of a violent will, by virtue of their office, as to be unwilling to bear the slightest control or contradiction. These are not the influences which a thoughtful mother would like to have her child drink in with its milk.

We believe it to be a misfortune, the extent of which is not at all realized, when the mother cannot nurse her own child. The mother's milk contains all the elements necessary for its proper growth in every direction, and no substitute can be found for it; but where this is impossible—unless, as before remarked, a very superior nurse can be obtained—it is safer to trust to the simple foods, which at least sustain life and do no hurt if given at right times and in proper quantities, leaving the mental and spiritual activities unimpeded, though probably subject to a slower growth than if aided by the sympathetic magnetism of the mother's nature.

Starchy Food—Such as arrowroot, sago, corn-starch and the like, is commonly held to be very healthy and nutritious for infants, yet the experience of every physician furnishes numerous instances of feeble, sickly children that are so fed, while the number is small that survive it. The reason of this is that the digestive organs of infants are not sufficiently powerful to convert the starchy matter into nourishment; it therefore only serves to clog and impede the action of the system, while the little victim is gradually being starved on the trifle of sustenance which it can obtain from whatever sugar and milk is given with its other food.

English Pap.—This is highly recommended by physicians. Boiling water is poured on a small piece of the crumby part of light white bread. This is covered up for a moment and then the water is poured off. The softened bread is then put in a porcelain stew pan with a trifle more of water, and allowed to boil up until it forms a pulp. A lump of white sugar and a little cold milk added brings it precisely up to the ideas of most young Britishers, who grow very stout and healthy.

Peptonized Milk.—One gill of cow's milk fresh and unskimmed, one gill of pure water, two tablespoonfuls of rich sweet cream, two hundred grains of milk sugar, one and one-fourth grains of *extractum pancreatis*, four grains of sodium bicarbonate. Put the above in a clean nursing bottle, and place the bottle in water so warm that the whole hand cannot be held in it longer than one minute without pain. Keep the milk at this temperature for exactly twenty minutes. Prepare fresh just before using.

Cow's Milk.—A diet of cow's milk exclusively is not good; it is too rich and very provocative of eruptive diseases. But if the bottle is preferred to spoon feeding, half of one good cow's milk may be given diluted with half of boiling water and sweetened slightly with white sugar. An excellent change from this consists of a thin strained gruel from the best prepared barley, with a little milk and sugar added. A little sugar is necessary in infants' food, but be particularly careful not to make it sweet, as this provokes continual thirst as well as disorders the child's stomach.

Infants' Broth.—After the baby is three months old it may occasionally be treated to a little clear chicken or mutton broth made in the following way. Cut up a pound of lean mutton into small pieces and put them into a small jar, cover them with cold water, set the jar in a kettle of warm water, let it come to boiling point, and simmer the mutton until the strength is extracted. One pound of meat should make a quart of broth; simmer at least six hours, strain and put in a trifle of salt, but no other spice. Treat part of a chicken in the same way for chicken broth.

Baby Pudding.—Grate a little stale bread, pour some boiling milk upon it, cover, and when it becomes a pulp stir into it the yolk of an egg and a grain of salt. The quantity should fill a tea cup, in which boil it fifteen minutes.

Essentials.—Warm, sensible clothing, quiet, with food and sleep at regular intervals are the essentials to health and comfort for babies. The animal from which the milk comes should be perfectly healthy and well cared for. The quality of her food should also receive attention, as there is little doubt that disease is often communicated to infants by milk from cows improperly fed and cared for. An eminent medical authority offers the following important points on this subject: "The cow selected for providing the food for an infant should be between the ages of four and ten years, of mild disposition, and one which has been giving milk from four to eight weeks. She should be fed on good clean grain and hay free from must. Roots, if any are fed, should be of good quality, and she should have plenty of good clean water from a living spring or well. Her pasture should be timothy grass or native grass free from weeds; clover alone is bad. She should be cleaned and cared for like a carriage horse, and milked twice a day by the same person and at the same time. Some cows are unfit by nature for feeding infants. Milk from the same animal should be used if possible. Changing from one cow's milk to another, or the use of such milk as is usually supplied by city milkmen, often occasions serious results. The extraction of the heat from the milk immediately after milking and before it is used or carried far, especially in hot weather, is essential.

FOOD FOR YOUNG CHILDREN.

The great danger in feeding young children lies not so much in the food as in its preparation, or want of preparation. A hard indigestible potato is bad for them, and a little tender stewed meat is good; but if the potato were mashed and mealy, and the meat hard and tough, the case would be just the reverse.

The principal danger is in their swallowing indigestible substances, and whether these are hard apples or lumpy potatoes, tough meat or sour bread, rich cake or hickory nuts, makes very little difference; the irritation and derangement produced is the same.

Meat for children under the age of ten years should be cooked very tender and cut up very small, or given in the form of soup. Potatoes should be mashed, apples roasted or stewed; and if bread and milk could form their breakfast, and some kind of mush, with milk, their supper, they would be all the better for it for the rest of their lives.

Children's Pie.—Cover the bottom of a pie dish with slices of bread and butter, cover it with fresh berries sprinkled with sugar, or with stewed fruit, fresh or dried. Set it in the oven fifteen or twenty minutes. Sift a little sugar over it when it comes out.

Brown Mush for Supper.—Stir into a quart of boiling water a teaspoonful of salt and Graham flour enough to make it as thick as Indian mush. Let it boil gently half an hour, keeping it covered. Eat it with cream or milk and sugar.

Bread and Milk.—Cut or break stale bread up into small pieces and let them come to a boil in milk. It makes an excellent breakfast for children, with a slice of toast or without.

MILK, CREAM AND BUTTER.

MILK.

Among the most healthful and nutritious foods that enter into our daily bill of fare are milk and buttermilk. Many consider these a beverage, but they can only be classified with food, as the greater part becomes solid matter after they are drunk.

Milk consists of nitrogenous matter, 4.1; fat, 3.9; sugar of milk, 5.2; mineral matter, 0.8; water, 86.0.

While milk is considered by physicians very healthy and beneficial, unless a proper care be exercised in procuring milk that is fresh and not adulterated it may be the means of inoculating the system with disease. As the quality of the milk depends largely upon the food cows are fed on and the conditions by which they are surrounded—and unscrupulous dealers will sell milk from diseased cows owing to the filthy conditions in which they keep their stables and the manner of feeding their cattle—all milk, especially if intended for children and the sick, should be first properly sterilized so as to destroy the germs.

The following milk should be avoided:

1*st. Curdly Milk*, which curdles within a few hours after it is drawn, owing to the fact that the animal is suffering from certain inflammatory disease.

2*d. Bitter Sweet Milk*, the cream of which has a somewhat bitter taste and is covered with blisters.

3*d. Slimy Milk*, which can be drawn into fine ropy fibers.

4*th. Blue Milk*, which twenty-four hours after it is drawn forms an indigo-blue over the surface of the milk; this is owing to the rapid growth of the germs. The butter made from this milk is somewhat bitter and of a greenish color.

5*th. Barnyard Milk*, milk taken from cows that are kept in a filthy condition and housed in stables that are not properly ventilated.

As it has been proved by scientists that cows are subject to certain diseases similar to human beings, it can be readily perceived that unless due precaution is used the germs can be easily inoculated into the system.

Milk should never be placed in brass, copper or glazed vessels. Glass, tin and granite ware are the best to use.

The vessel containing milk should always be kept covered, to keep out the floating germs and the odors which the milk steadily absorbs. The best material to cover the vessel with is two or three layers of cheese cloth ; this will permit the air to circulate properly, but prevent the germs from entering.

The greatest care should be taken in washing the pans that are used for milk, as the smallest quantity of impure or sour milk will spoil all the rest. The best way to clean vessels is first to rinse them separately in cold water, pouring the water from one to another until they are perfectly clean, and then wash in warm water, mixing in a little bicarbonate of soda ; then scald them well and wipe perfectly dry, and invert the pans over a warm stove.

To Sterilize Milk, to Keep for an Indefinite Time.—Take the fresh milk and pour into the fruit cans or patented milk cans, place cans in a boiler of tepid water, screw on the caps part way. Allow the water to boil, and when it comes to a good boil allow jars of milk to remain in boiler about twenty-five to thirty minutes. The water must be boiling all that time, and endeavor to keep an even temperature ; then take out the jars and allow them to cool as quickly as possible. To increase the temperature of the water that you sterilize with, add rock salt to the water or a saturated solution of either baking soda or chloride of sodium. But in using a solution in the water allow jars to cool in the water, or they will break.

To Sterilize Milk for Immediate Use.—Fill your jars or cans with fresh milk, place on the covers, but not tight; set them in a boiler of tepid water, allow water to come to about 155 degrees Fahrenheit or scalding hot, and allow milk to heat (not boil) for about twenty to twenty-five minutes. It is not necessary to have water boiling when sterilizing milk for immediate use. Water at 155 degrees Fahrenheit will destroy the germs, and that is all that is necessary. Take out the jars or cans and allow to cool as quickly as possible, and use at once.

CREAM.

Cream is best procured and rises the quickest when the milk is quite warm. The method of scalding milk after it is drawn is highly recommended, as it secures better results, making the cream rise quicker and destroying the germs, thereby making the milk more healthy and preventing it from souring. The best way to accomplish this is to pour the milk, immediately after it is drawn, into a vessel and then set the vessel in hot water; and when the milk is thoroughly scalded, but not allowed to boil, it should be cooled quickly by pouring the milk in cold vessels and setting same in a vessel of ice water until reduced to a temperature of about sixty to sixty-five degrees, and allowing it to remain at that temperature while cream is rising.

BUTTER.

The making of good butter depends upon the careful treatment of the milk and cream. The milk should be protected from acid or souring, for as soon as the milk sours the cream ceases to rise. In a clear dry atmosphere the cream will rise quicker, and better results are obtained than in a moist or damp atmosphere, which has a tendency to sour the milk.

Milk to be used for butter should first be strained through a milk strainer covered with two or three folds of cheese cloth. Cream skimmed from different milk, to be churned for butter at the same time, should be mixed ten hours previous to churning. Cream should be churned at a temperature of about sixty degrees. It is best to test it with a thermometer. If the butter is too soft it can be hardened by adding, while working, a brine made in proportion of twelve ounces of salt to two and a half gallons of water.

After the butter has come, gather it slightly in the churn and drain out the buttermilk, leaving the butter in the churn; then dash cold water upon it, to rinse the buttermilk out thoroughly. By treating the butter in this manner the grain is kept more perfect, which is a very important factor. In working in the salt, the ladle should not be allowed to slip on the butter, but should be used in a rolling motion; this will retain the grain more perfectly.

HINTS TO HOUSEKEEPERS.

Measuring.—An important matter to be observed in the cooking of foods is correct measuring. Many failures are made simply from the lack of care in this respect. As measures are more convenient than weights, they are more generally used. The ordinary large-sized coffee cup, which holds half a pint, is a good standard to go by. The following are good rules to follow:

1st. Flour, sugar, and salt that has been packed should be sifted before measuring.

2d. A cupful of dry material should be measured level with the top of the cup without being packed down.

3d. A cupful of liquid should be all the cup will hold without overflowing.

4th. The tea spoon and table spoon commonly recommended in cook books is the silver spoon in general use.

For general weights and measures, see page 378.

Preparing and Cooking Foods.—Vegetables should be free from all decay and should have fresh and unshriveled skins. Sprouted vegetables are unfit to use for food, as they contain a poison similar to belladonna. Green vegetables should be freshly gathered, as those which have lain over twenty-four hours are unfit to use; stale vegetables cause serious ailments.

If it is not convenient to use the green vegetables the same day that they are gathered, lay them in a cool dark place, and do not remove their outer leaves until ready to use. Never keep them in water, as that destroys some of their juices. When some of the stems are withered, the best way is to cut off a bit of the stem and set in water the cut part only. The vegetables will absorb enough water to replace what has been lost by evaporation.

Vegetables to be kept for the winter should be kept in a cool dry place, temperature between forty-five and sixty-five degrees. There should be neither light, dampness nor warmth allowed, as they are the cause of decay.

As vegetables readily absorb all impurities, great care should be exercised that nothing odorous or decomposing is left near where they are stored. They should be sorted often, and those bruised and decayed thrown away.

Beans and peas should not be shelled until needed.

In washing all kind of vegetables and greens, it is best to place them in a colander and dip them several times in vessels of cold water until they are clean.

It requires care and skill to cook vegetables properly, so they will retain their natural flavor.

It is best to cook them in as little water as possible, as the salts and the nutrient juices are mostly lost in the water, and if this must be drained off most of their nutritious value is lost. Vegetables contain so much water that it is not necessary to add large quantities to cook them.

Many cooks, from lack of this knowledge, convert some of the most nutritious of foods into dishes that are unfit to eat. Great care should also be exercised that they should not be overdone or not done enough, for either destroys their natural flavor.

Always pare potatoes very thin. Much of the most nutritious part of the tuber lies next its outer covering; so care should be taken to waste as little as possible. Potatoes cooked with the skins on are undoubtedly better than those pared. The chief mineral element contained in the potato is potash, an important constituent of the blood. Potash salts are freely soluble in water, and when the skin is removed there is nothing to prevent these salts from escaping into the water in which the potato is boiled. If the potato is cooked in its "jacket," the skin, which does not in general burst open until the potato is nearly done, serves to keep this valuable element largely inside the potato while cooking. For the same reason it is better not to pare potatoes and put them in water to soak over night, as many cooks are in the habit of doing, to have them in readiness for cooking for breakfast.

Potatoes to be pared should be first washed and dried. It is a good plan to wash quite a quantity at one time, to be used as needed. After paring, drop at once into cold water and rinse them thoroughly. It is a careless habit to allow pared potatoes to fall among the skins, as in this way they become stained and appear black and discolored after cooking. Scrubbing with a vegetable brush is by far the best means for cleaning potatoes to be cooked with the skins on.

When boiled in their skins the waste is about three per cent., while without them it is not less than fourteen per cent., or more than two ounces in every pound. Potatoes boiled without skins should be cooked very gently.

Steaming, roasting, and baking are much better methods for cooking potatoes than boiling, for reasons already given. Very old potatoes are best stewed or mashed. When withered or wilted, they are freshened by standing in cold water for an hour or so before cooking. If diseased or badly sprouted, potatoes are wholly unfit for food.

Vegetables to be cooked by boiling should be put into boiling water; and since water loses its goodness by boiling, vegetables should be put in as soon as the boiling begins. The process of cooking should be continuous, and in general gentle heat is best. Remember that when water is boiling, the temperature is not increased by violent bubbling. Keep the cooking utensil closely covered. If water is added, let it also be boiling hot.

Vegetables not of uniform size should be so assorted that those of the same size may be cooked together, or large ones may be divided. Green vegetables retain their color best if cooked rapidly. Soda is sometimes added to the water in which the vegetables are cooked, for the purpose of preserving their colors, but this practice is very harmful.

Steaming or baking is preferable for most vegetables, because their finer flavors are more easily retained, and their food value suffers less diminution. Particularly is this true of tubers.

The time required for cooking depends much upon the age and freshness of the vegetables, as well as the method of cooking employed. Wilted vegetables require a longer time for cooking than fresh ones.

Hard and Soft Water.—Different effects upon food are produced by the use of hard and soft water. Peas and beans boiled in hard water containing lime or gypsum will not become tender, because these chemical substances harden vegetable casein, of which element peas and beans are largely composed. For extracting the juices of meat and the soluble parts of other foods soft water is best, as it more readily penetrates the tissue; but when it is desired to preserve the articles whole and retain their juices and flavors, hard water is preferable. Foods should be put to cook in cold or boiling water, in accordance with the object to be attained in their cooking. Foods from which it is desirable to extract the nutrient properties, as for broths, extracts, etc., should be put to cook in cold water. Foods to be kept intact as nearly as may be should be put to cook in boiling water. Hot and cold water act differently upon different food elements. Starch is but slightly acted upon by cold water. When starch is added to several times its bulk of hot water, all the starch granules burst on approaching the boiling point, and swell to such a degree as to occupy nearly the whole volume of the water, forming a pasty mass. Sugar is dissolved readily in either hot or cold water. Cold water extracts albumen. Hot water coagulates it.

Adding Foods to Boiling Liquids.—Much of the soddenness of improperly cooked foods might be avoided if the following facts were kept in mind: When vegetables or other foods of ordinary temperature are put into the boiling water, the temperature is lowered in proportion to the quantity and the temperature of the food thus introduced, and will not again boil until the mass of food shall have absorbed more heat from the fire. The result of this is that the food is apt to become more or less water-soaked before the process of cooking begins. This difficulty may be avoided by introducing but small quantities of the food at one time, so as not to greatly lower the temperature of the liquid, and then allowing the matter to boil between the introduction of each fresh supply; or by heating the food before adding it to the liquid.

Evaporation—Is another principle often overlooked in the cooking of food, and many a sauce or gravy is spoiled because the liquid, heated in a shallow pan from which evaporation is rapid, loses so much in bulk that the amount of thickening requisite for the given quantity of fluid, and which, had less evaporation occurred, would have made it of the proper consistency, makes the sauce thick and unpalatable. Evaporation is much less in slow boiling than in more rapid cooking.

MEDICINAL PROPERTIES IN FOODS.

Celery is a good tonic for the nervous system, and is considered a cure for rheumatism and a purifier of the blood.

Spinach and dandelion are considered excellent for the kidneys.

Tomatoes are good for torpid liver.

Raw onions are recommended for insomnia, and cooked onions or onion soup are an excellent remedy in debility of the digestive organs.

Lettuce and cucumbers assist in cooling the blood.

Beans are considered one of the most nutritious and strengthening of vegetables.

Beets, turnips and potatoes are fattening, and are excellent appetizers. In fact, all vegetable foods have more or less medicinal properties.

PRACTICAL HINTS REGARDING HEALTH.

Many people, especially the dyspeptic and those suffering from weak digestive powers, experience great distress and inconvenience from the use of certain foods; this is caused from combining foods that are not suited to one another.

Many foods that are easily assimilated when taken alone, if they are combined with other articles of diet with which they are incompatible will cause inconvenience and suffering.

The sick and convalescent and those suffering from weak stomachs will do well to observe the following: Never combine fruits and vegetables, milk and meats, sugar and milk; fats with fruits or with meats, or cooked with grains or cereal foods.

The following combinations of food are considered the best: Grains or cereal food and milk; cereal food and eggs; cereal food and fruits; cereal food and vegetables; cereal food and meats.

Food should be cut in small pieces, especially meats, and eaten slowly, for if swallowed in large pieces and not properly masticated, the digestive fluids cannot readily act upon it; the saliva will not be sufficient in quantity, consequently the starch will not be properly digested, and the stomach will not secrete a sufficient amount of gastric juice. All soft and liquid foods should be eaten with hard foods, so they will receive the proper mastication. Drinking too freely at meals is injurious, for when large quantities of liquid are used, digestion does not begin until a considerable portion of the liquid is absorbed. It is best not to drink while eating. Either before or shortly after the meal are the times recommended by our leading physicians.

Drinking iced water, iced milk or iced tea when eating hot foods is very harmful, as the stomach is chilled, causing a longer delay in the digestive process.

Eating between meals is extremely harmful, and if continued will certainly cause dyspepsia. The stomach, as well as the other organs of the body, requires rest.

The simplest diet is the best; the eating of too many kinds of food at a meal is a common fault, and is often the cause of indigestion and other diseases of the digestive organs. Hasty eating is a common fault, and is also the cause of over-eating; when food is eaten so rapidly, it is crowded into the stomach so fast that nature has not time to take away the appetite before too much has been eaten—hence the great distress and the dull feeling after such a meal. When an excess of food is taken into the stomach, it is likely to sour before it is digested.

Every person should be the proper judge of the quantity of food to be eaten at each meal, and what they are able to digest and utilize. The amount needed will vary, as it depends upon the amount of work done mentally or physically, or the condition of the weather and the season of the year.

Distress of the stomach and drowsiness are indications of excessive eating, and should be a warning to discontinue it.

A person with an empty stomach should never enter a room where there is a contagious disease, nor enter a sick-room when perspiring.

A patient suffering from fever can be made cool by sponging them frequently with soda-water.

A bag of hot sand relieves neuralgia and other pains.

One-half teaspoonful of baking soda in half a cupful of hot water will relieve distress at the stomach and sick headache caused by indigestion.

Hemorrhages of the lungs or stomach are checked by taking small doses of salt, and the patient must be kept very quiet.

Whooping-cough paroxysms are promptly checked by inhaling the fumes of turpentine and carbolic acid.

The flavor of cod-liver oil can be changed to a delightful one, if one will drink a tumblerful of water poured from a vessel in which nails have been allowed to rust.

To bathe the eyes with a solution of ten to fifteen grains of boracic acid to two ounces of hot water is highly recommended; boracic acid will not dissolve in cold water.

To cure a cold in the head, powdered borax should be snuffed up the nostrils.

Night sweats can be arrested by sponging the body with salt water before going to bed.

If an artery is severed, tie a small cord or handkerchief above it.

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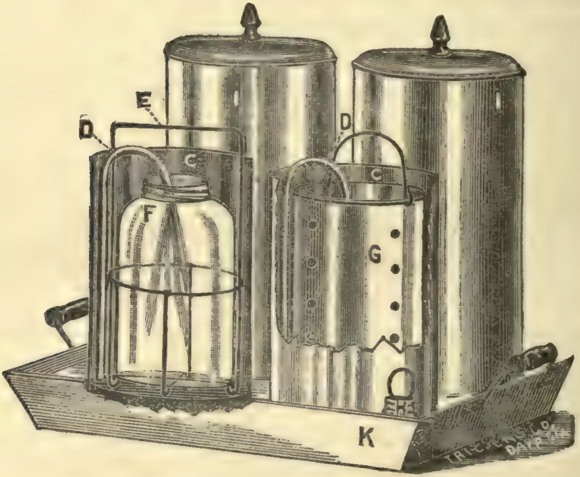
Lightning Fruit Processor and Cooker,

PRONOUNCED BY PHYSICIANS, EXPERTS, CANNERS,
AND THE LEADING CHEFS TO BE THE
BEST STEAMER EVER PATENTED.



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This cut shows the Lightning Fruit Processor and Cooker. [K] shows the boiler. [H] the place in which water is filled into the boiler. [C] the cylinder in which jars or buckets are placed. [E] is the wire rack in which jars are placed before putting into cylinder. [D] is the siphon which conveys the steam into the jar marked [F]. [G] is the bucket for cooking the foods, and [I] is the jacket which covers all, compresses the steam, securing more pressure and increasing the temperature.

H. I. BLITS,
INVENTOR.

METHODS AND LECTURE HIGHLY ENDORSED.

Nearly one thousand prominent ladies of Philadelphia attended Prof. Blits' lecture on the Canning of Fruits, and were enraptured with his formulas on preserving fruits and vegetables by his patented method of utilizing steam and hot air, and his new system of compounding syrups to preserve berries whole and natural. The samples exhibited were the perfection of the art of preserving, and the results obtained by many ladies present who had successfully tried his methods with the aid of the Lightning Fruit Processor and Cooker were very flattering. Prof. Blits is a recognized authority in this country on the art of canning fruits and vegetables, and the impression made was very favorable. The fruit is kept more whole and natural, and tomatoes, corn and vegetables, which it was considered almost an impossibility to keep nicely in glass jars, are preserved very easily by these methods and with the aid of this wonderful machine. His methods of canning strawberries whole and natural, so they will retain their natural flavor and shape, was alone considered worth the price charged.—*Philadelphia Times.*

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WHAT CAN BE ACCOMPLISHED BY THE LIGHTNING FRUIT PROCESSOR AND COOKER.

You can process all kinds of fruits and vegetables, retain their natural flavor and state and save one-third the shrinkage, in one-third the time; cook all kinds of food, sterilize milk and other liquids in one-third the time it takes by the ordinary methods or by using other patented steamers now on the market. All kinds of meat, poultry and game, no matter how tough, can be made more tender and palatable in one-third the time, retaining their natural juice and flavor. Fish, oysters, clams and other shellfish are worth a king's ransom steamed in this cooker. Barley, rice, oatmeal, hominy and other cereals are more healthy cooked in this manner. All kinds of puddings, custards, sauces, beans, brown bread, fruit cake, and nearly everything that can be boiled or baked can be done in this steamer with much better results and less time. You can cook four different foods in this steamer at once without the mingling of their different odors.

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NEW YORK, October 25, 1893.

This is to certify that I consider the Lightning Fruit Processor and Cooker one of the greatest household inventions and necessities of the age. I find it retains the natural flavor of the fruits and vegetables, losing very little by shrinkage, and doing the work in less than one-third the time. I find with this machine it is possible to can from 75 to 100 cans of fruit in one day at a cost of about 15 to 20 cents for fuel. For the sterilizing of milk and other liquids it has no equal, and should be adopted alone for this purpose, as much sickness is caused by children drinking milk obtained from diseased cows. At a trial test, made before a number of chefs and well-known housekeepers, the food cooked in this steamer was pronounced far superior to that cooked in the ordinary steamer or household utensil, and it was accomplished in just one-third the time.—PROF. L. N. GORDON, Chemist, East 14th Street, New York.

THE LIGHTNING FRUIT PROCESSOR AND COOKER.

The Most Economical and Rapid Fruit Processor, Sterilizer and Cooker ever Invented.

Acknowledged by the leading canners and chefs of this country to be the most simple and practical machine for the canning of fruits and vegetables and for all cooking and sterilizing purposes.

After years of great labor and study and at great expense the inventor has perfected a machine that meets the requirements of every housekeeper. Its simplicity recommends it to all, as there is no complicated mechanism, no escape tubes, no valves or other appliances to get out of order. The steamer is constructed on scientific principles, giving concentrated heat and more steam pressure than any machine used for the purposes already mentioned, and can be adapted for practical household use, thereby making it an essential and important factor in household economy, conferring a blessing on every mother and housekeeper in the land, and tending to make canning, cooking and sterilizing easier—less work and less expensive. All foods prepared by my methods and with the Lightning Processor and Steamer are more tender, digestible and healthy; and any system or mechanical invention that tends to make fruit processing, cooking of fruit or the sterilizing of liquids less laborious, less expensive and more agreeable, is a blessing to mankind and should be adopted by every housekeeper and mother in the land.

Mothers, no more crying and worrying because you have incompetent help, or no help at all. It is easy to manage and keep clean; no scouring of heavy pots and kettles. It requires very little attention. No burning or scorching of foods possible. No shrinkage of fruits and liquids nor insipid tastes, as by the old method and old appliances. This is impossible, as this machine is so constructed that very little evaporation can take place. No odors can escape, and by the use of the siphon, which is passed into mouth of the fruit jar or cooking utensil, the air is forced out quicker; the carbonic acid gas is destroyed more rapidly, and every minute a drop of distilled water is, by condensation, forced into the jar, preventing the rapid shrinkage of syrups as by the ordinary canning methods of steamers now in use. The juices and flavor of all foods, meats and liquids are retained, making food more healthy and digestible; and this alone makes it worth its weight in gold, for statistics will prove that more graves are filled by poorly cooked and indigestible food than by indulgence in strong drink, more divorces and separations effected than by any other cause.

Vegetables should never be cooked in water. It makes them insipid and watery. It destroys the natural state and flavor. Fruits and vegetables for canning purposes should never be stewed or cooked. It destroys their natural flavor, causes too much shrinkage and takes a long time, and is far more laborious and expensive.

Nothing over which we have control exerts so marked an influence upon our mental and physical condition as the food we eat. The brain and other organs of the body are affected by the blood that nourishes them. So it follows that poorly cooked food will result in poor blood and poor health in general; for many of us eat what gratifies the palate or is most conveniently obtained, without consideration or regard to its dietetic value.

The preserving and cooking of foods, when prepared by scientific methods and with the aid of the most modern appliances, ceases to be laborious work, but a blessing to every housekeeper in the land.

Why it is Superior to All Other Steamers.

It is the only steamer that is especially adapted for the canning of fruits and vegetables and the sterilizing of milk and other liquids.

It alone has wire racks to set the glass jars or bottles in, so that they will not set on the surface of boiler. This allows the air to pass under the jar and prevents their breakage, which is often the case in using the wash-boiler or the ordinary steamers. It is the only steamer that has a siphon that conveys the steam into the jar, bottle or cooking utensil, thereby forcing out the oxygen quicker and destroving the carbonic acid gas more rapidly. As all foods generate more or less carbonic acid gas, and especially in the canning of vegetables, unless this is properly treated, fermentation sets in; that is the reason that corn and vegetables are so hard to keep.

It has a cap that fits snugly in the cylinder, and a rubber packet (or gasket) adjusted on rim of cap, which prevents all vapors and odors from escaping. The rubber gasket has cloth in the center and is made of the material that is used in large steamers, so that it will stand a great pressure of steam without rotting.

It is the only Processor that has an outside jacket which fits over the closed cylinder snugly, causing a greater degree of heat, compressing the steam and thereby getting a greater steam pressure, and also preventing the outside atmosphere from reducing or affecting the temperature.

By this means it will enable you to can fruits and vegetables and cook your foods in one-third the time used by all other steamers or by the ordinary stove or range. Berries that take fifteen minutes to can will take you by my process and steamer five to ten minutes for every four jars.

Peaches and other soft fruits that take twenty minutes can be done at the rate of four jars every ten to thirteen minutes. Pears that take twenty-five to thirty minutes can be done at the rate four jars every fifteen to twenty minutes. The same ratio of time is used to all other fruits and vegetables.

In using the Steamer for cooking purposes you can place onions in one of the cylinders, potatoes in another, cabbage in the other and turnips in the fourth cylinder, and inclose same as described in directions. They will be cooked in one-third the time it takes you to do them with the ordinary stoves or the steamers now on the market; of course, the same degree of heat and the same size of fruits and vegetables must be used in the testing of this. I should recommend a two-burner gasoline or gas stove, for if you use one burner you do not generate as much heat; one burner can be used, but you must not expect as rapid work. In using ordinary wood or coal stoves or ranges, see that you have a good fire, and take off one lid and place steamer directly over fire. The bottom is made of 14-oz. copper and will not burn or be damaged in the least. The smells cannot escape or mingle with one another, as the foods are separated in different cylinders and do not set in vessels one above another.

By this Steamer you can do potatoes in from fifteen to twenty minutes, according to the size and degree of heat maintained; ordinary time, twenty-two to thirty-five minutes.

Onions in from thirty to forty minutes; ordinary time, from forty-five to sixty minutes.

Fresh sweet corn, from fifteen to twenty minutes; ordinary time, twenty to thirty minutes.

Fresh peas, twenty minutes; ordinary time, thirty minutes.

Young asparagus in eighteen minutes; ordinary time, twenty-five minutes.

Tomatoes in twenty-five to thirty-five minutes; ordinary time, one hour and longer.

Young cabbage in forty minutes; ordinary time, one hour. Old cabbage takes nearly one-half as long again.

Turnips, forty-five minutes; ordinary time, one hour. Old, one-half as long again; and other vegetables in the same ratio of time.

The Main Reason why its Value is Inestimable to All Housekeepers.

It will save your health, thereby saving you many a doctor's bill. It can be run for ten hours on a gas or gasoline stove for about twelve cents, saving you two-thirds the fuel generally used.

You can process four jars every five to ten minutes for berries, ten to fifteen minutes for soft fruits, and four jars every eighteen to twenty-five minutes for hard fruits. This means after steam is generated, which only takes a few minutes. This would make from seventy-five to one hundred jars of fruit canned in ten hours.

Think of it, mothers—you who are compelled to do this work yourselves, as you cannot trust your servants to do it. What a blessing it will prove to you! You can do a whole season's canning of any fruit in from one-half to one day at an expense of a few cents, saving you a great deal of money, time, worriment and sickness, and your fruits will retain their natural flavor and state and be much healthier; also saving you nearly one-third in shrinkage of fruit. You have never regretted paying forty to seventy-five dollars for a sewing machine, for you found it repaid fourfold every year; and so you will find that the small price charged for this great labor-saving machine and my methods of processing fruits and vegetables will repay you in one week, without considering its inestimable value for cooking purposes. I also give with each machine my New Process of Canning Strawberries and other Berries by simply using a compound syrup which is put over, the berries not being cooked at all; the methods of keeping tomatoes whole by steaming for slicing, stuffing or salad purposes; the canning of corn, beans, peas, aspargus and other vegetables by steaming in glass jars, so that they will retain their natural flavor. Housekeepers will admit this has hitherto been impossible to do.

The testing of vinegar for pickling purposes; for if the vinegar is too strong it will eat the pickle; if too weak it will not keep them.

To test vinegar to see if adulterated with acid.

To give pickles a nice flavor and color without using coloring matter.

The prevention of scum forming on pickles, and keeping them without sealing them air-tight.

How to prevent mincemeat, ketchup, chilli sauce and other sauces, also jellies and jams, from fermenting.

To make cold tomato ketchup, using no heat, and keeping it as long as desired; and other valuable information.

These Steamers are made by hand (no machine work) and of the best quality of tin, consequently it will outlast three of the ordinary patent steamers which are made of I. C. tin, the price of which is twelve cents per sheet 20x28, while the price used in this steamer is twenty cents per sheet, size 20x28.

The price of this valuable machine, including four wire racks, four tin buckets, capacity, each two quarts; one one-half pint funnel; including, also, the valuable information mentioned, with my Patented Methods for Processing Fruits and Vegetables, in pamphlet form, is only $6.50.

Persons ordering same will please send P. O. money order or express money order, or the machine will be sent to your address C. O. D. Please write your name and address legibly.

Price of Wire Fruit Racks, ordered separately, $1.75 per dozen.

Price of Wire Fruit Racks, ordered separately, ninety cents per half dozen.

Price of Siphons, two for twenty-five cents, or thirteen cents apiece.

Price of Tin Buckets, perforated or without holes, fifteen cents apiece.

Agents wanted in all parts of the United States, and those desiring to buy county rights will be accommodated at reasonable figures; from $10 to $25 per day can be made.

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